

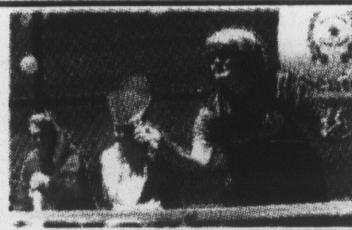
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The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 51 No. 42

Wednesday, July 3, 2019

\$1.00



BUZZING FIREWORKS light up the sky, and the 70-foot by 40-foot American
flag flies high in the air during the city's flag day celebration June 19.
Fireworks are also synchronized with the Fourth of July, which will be celebrated
this Thursday, officially known as Independence Day. This year's holiday cel-
brates the birth of this nation, 241 years ago, and commemorates the adoption of
the Declaration of Independence.



Scams Alerts From Mass. AARP - Page 5
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Health Focus: Achilles Tendon Rupture - Page 9

More Quincy news:
The Quincy Sun.com

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215th Army Band

of the Massachusetts Army National Guard

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QuincyMA.gov
215armyband@gmail.com



PHOTO BY LAUREN POUSSARD

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New Kincaide Park Will Have Synthetic Turf Field

By SCOTT JACKSON

A project to renovate to South Quincy's Kincaide Park will be substantially finished by the end of this year and will include the installation of an artificial turf playing surface, the third of its kind in the city.

The city is also eyeing improvements to Quincy's two largest parks, Merry-mount and Faxon, the creation of a new dog park, and expansion of Pine Hill Cemetery.

Plans for the 5.2-acre Kincaide Park, located on Water Street between the Lincoln-Hancock Community School and South-West Middle School, include a FIFA-regulation soccer pitch, splash pad, basketball courts, bocce courts, a sprint track and a trail for running and walking. The proposal also includes new play and exercise equipment, new lighting and drainage systems, new seating and the planting of more than 100 four-inch caliper trees and 1,000 plants.

David Murphy, the city's



RENOVATION PROJECT is underway at Kincaide Park in South Quincy. This view from Water Street shows the 5.2-acre work site with the new South-West Middle School in the background. The new park will include the installation of the city's third synthetic turf playing surface. Quincy Sun Photo/Robert Bosworth

commissioner of natural resources, said the work on Kincaide Park would be done later this year, with some smaller items left to work on in the spring of 2020.

"Substantially complete, the target is the end of this year. I think there will be

some finishes and some punch-list items the spring of next year," Murphy said in a recent interview.

The splash pad, or spray-ground as Murphy called it, will be the first of its kind in one of Quincy's municipal parks. Murphy, who was formerly the town manager

in Randolph, said other Quincy parks could get their own splash pads in the future.

"Essentially, there are play elements that will squirt water. You press certain buttons and water comes out of that spout. It's kind of a water play element. We had

one when I was in Randolph that was very popular and successful. It's a place to go," he said.

"Kincaide is probably one of the furthest parks away from the waterfront. They don't have neighborhood beaches in South Quincy, so they don't have

the same opportunities that Houghs Neck, Squantum, Germantown and Adams Shore have. I do think that that's a great place to start to see how that goes and see if there is an appetite and a budget for additional spray-ground opportunities."

Cont'd On Page 4

Downtown Convenience Store Can Sell Beer, Wine

By SCOTT JACKSON

A convenience store in Quincy Center received permission from city officials to offer its customers beer and wine.

The Board of License Commissioners on June 25 approved the request of 33 Washington Street Inc. d/b/a Quincy Market for a retail beer and wine license and a common victualler license. The convenience store will operate out of the storefront at that address that was previously home to a market of the same name. The storefront is now being renovated.

"They are doing some minor cosmetic work," said attorney Jon Aieta. "It is actually going to look pretty brand new once it is up and running."

The store will be open starting at 7 a.m. and will be allowed to sell beer and wine between 8 a.m. and 11 p.m. six days a week, with Sunday sales starting at 10 a.m. While Quincy Market will be allowed to stay open until 11 p.m., Aieta said it would likely close at 9 p.m. most nights and 10 p.m. on Saturdays.

The store will use a point-of-sale system that will not allow beer or wine purchases without proper ID being checked, Aieta said.

The POS system will also stop beer and wine from being sold outside of the licensed hours.

Quincy Market's man-

ager of record is Sunilkumar Patel, who is currently the manager of record at Sun-

shine Market on Franklin Street.

"Mr. Patel is a responsi-

ble operator. He has already proven that at Sunshine

Cont'd On Page 10



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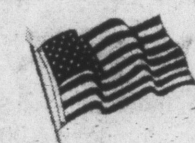
SHOP SMART

If you are thinking of spending your money wisely, and who isn't these days, you might like to know that the month of July is generally considered the best time of the year to buy jewelry. There are no big holidays to spend money on, the heating season is over, school time is weeks away, and taxes are behind you. Stores are eager to enjoy your patronage, so they usually run promotions and sales to create opportunities to educate you about purchases and develop long-term relationships with you. You may want to get some early holiday shopping done, and sales representatives will readily share their knowledge of upcoming trends that will make your purchases even more interesting.

Step into Rogers Jewelry and browse through our wonderful selection of unique and tasteful jewelry and experience the type of service only we can offer. Whatever the month, whatever the occasion, we always take the time to ensure that our customers get the kind of service and quality they have come to expect from the finest retailers. We work within our customers' budgets to find the piece of jewelry or gift that is exactly right for the occasion. Stop by and see us soon at 1402 Hancock St. in Quincy Center; we'd also like to show you our assortment of estate and pre-owned jewelry. PH: 617-773-3636.

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- ★ Great kids and great teachers in great schools ★
- ★ City employees who go above & beyond... and always with a smile
- ★ Miles of gorgeous shoreline, a great place to walk ★
- ★ An impressive variety of opinions, experiences and voices ★
- ★ An impressive variety of businesses, right here in town, committed to Quincy
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**Moments
in time**

THE HISTORY CHANNEL

• On July 19, 1884, President Chester Arthur issues a proclamation that grants him and the federal government the power to quarantine persons entering the U.S. to avoid the spread of "pestilence" (tuberculosis).

• On July 17, 1941, New York Yankees center fielder Joe DiMaggio fails to get a hit against the Cleveland Indians, bringing his historic 56-game hitting streak to an end. DiMaggio also lost the \$10,000 promised to him by Heinz ketchup for matching the number "57" featured on its labels.

• On July 21, 1959, Elijah Jerry "Pumpsie" Green makes his Boston Red Sox debut, becoming the first African American ever to play for the Red Sox, the last team in the major leagues to integrate.

• On July 15, 1965, the unmanned spacecraft Mariner 4 passes over Mars at an altitude of 6,000 feet and transmits the first close-up images of the red planet. The 22 pictures revealed a barren wasteland of craters, dismissing 19th-century speculations that an advanced civilization might exist there.

• On July 20, 1972, a two-year study by the U.S. Department of Transportation concludes that 1960-63 Chevrolet Corvairs are at least as safe as comparable models of other cars. In his book "Unsafe at Any Speed," Ralph Nader had targeted the rear-engined Corvair due to its tendency to roll over.

• On July 18, 1986, new close-up videos of the sunken ocean liner Titanic are released. The wreck was found in 1985 off Newfoundland, 13,000 feet down on the ocean floor. The Titanic sank in 1912.

• On July 16, 1999, John F. Kennedy, Jr., his wife and her sister are killed when the single-engine plane he was piloting crashes into the Atlantic Ocean off Massachusetts. Kennedy had turned down an offer from a flight instructor to accompany him, saying he "wanted to do it alone."

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Volunteers Needed To Remove Flags At Veterans Island

Volunteers are needed to help take down the 400 American flags at Flags for Veterans Island on Saturday, July 13 beginning at 9 a.m.

Owners of pick-up trucks are especially needed to help with the effort.

The island is located at School and Pleasant Streets, Fort Square, Quincy.

The flags will be removed and stored for the summer.

They will be reinstalled on Columbus Day, Oct. 14th, a few weeks before the Sons of The American Legion, Squadron 294, holds its annual Veterans Day observance. The observance will be held Sunday, Nov. 3.

If you can assist in removing the flags July 13 call Paul Moody at 617-472-5952.

Synthetic Turf For Kincaide Park

Cont'd From Page 3

The original plan for Kincaide Park included the installation of a new grass playing surface for the soccer field. Murphy said the city opted to go with the artificial surface instead, following discussions with Mayor Thomas Koch and Ward 4 Councillor Brian Palmucci. The city currently has two facilities with turf fields, Veterans' Memorial Stadium and Creedon Field, and adding a third is expected to pressure off other facilities.

"If we're spending that much time on soil mixtures and drainage and everything else up there, some of that cost can be deferred into an artificial surface that we're not putting fertilizers on, we're not spending hours cutting and lining, et cetera," Murphy said.

"I've seen what Creedon has done to the park inventory, especially when the stadium was off use. Having a few of those assets takes a tremendous amount of wear and tear off the rest of the park system. It allows more use. Our lacrosse groups and our soccer groups are using the stadium and Creedon on a daily basis."

In May 2017, the City Council approved Koch's request for \$27 million to finance park projects city wide. The bond, which included funds for the Hancock-Adams Common in Quincy Center, also set aside \$1 million for Kincaide Park. The council approved Koch's request to borrow up to \$5.3 million for the Kincaide Park project in December 2018, and the state awarded a \$400,000 grant for the work the following

month. Murphy said the bid for the project came in lower than expected, giving the city flexibility to go with the turf field.

"We do have the budget flexibility based on the bid coming in lower than expected and the amount of sub-drainage work that was already factored into the original budget," he stated.

The \$27 million bond also included \$2.4 million for the design and permitting of improvements to Merrymount Park, which is the city's largest park at 80 acres.

Murphy said Koch wants to tie together the various facilities within Merrymount Park, including Adams Field, Veterans' Memorial Stadium and Pageant Field.

"One of the unique pieces about Merrymount Park is if you're from Quincy, you know it's all part of Merrymount Park. If you were to come from another town, you'd see Adams Field, you'd see Pageant, you'd see the stadium - you wouldn't know that you were in kind of the signature park in the city," Murphy said.

"There are no real elements that tie the pieces together that say, 'welcome to Merrymount Park.' There is no signage that ties it all together. It's really kind of fractured. One of the goals he wants to do is put it all together, so people appreciate how great an asset the entire park is, so he's very interested in that piece of it."

The plan for Merrymount Park includes a series of bridges that would link different spaces within the park. Connections could also be made between the

park and the state-owned Wollaston Beach Reservation. Murphy compared the proposal to Boston's Emerald Necklace, a series of parks linking Franklin Park to the Boston Public Garden and Boston Common designed by Frederick Law Olmsted.

"The master plan that was done a number of years ago had a series of bridges in the plan, linking say Pine Island to the Ryan Boathouse. Many, many years ago there was a bridge that would connect the two that would provide public access for a walk through nature and really link the whole park together," Murphy said.

"Charles Elliott, who was hired 110 years by the Metropolitan Park System before it was the MDC - he was an associate of Frederick Law Olmsted - and he came up with some great plans for the state park system. He did some early designs linking Merrymount Park to the Wollaston Beach Reservation.

"We've got two tremendous assets directly adjacent to each other; there is no linkage to it whatsoever, so some of that bridge project would open up access to the woods along Furnace Brook Parkway, which could then open up to Wollaston Beach and really build our own version of the Emerald Necklace. I really think that's the mayor's vision, so those are some of the early aspects of the plan that he has been working on."

The plan also includes improvements to the stretch of Merrymount Parkway between Hancock Street and Furnace Brook Parkway, Murphy said; the thorough-

fare will remain open to vehicles, but the improvements will be designed to make it look and feel more like a parkway.

"Right now, the road is not in great shape; the sidewalks aren't in great shape," Murphy said. "He wants to make it look more like a parkway than it has. It's been Route 3A for God knows how many years. It really isn't an attractive roadway at all. One of the early phases of the implementation of that master plan is going to be to address that parkway."

In addition, Murphy said the city will address the Ruth Gordon Amphitheater, which is located adjacent to Pageant Field, as part of the Merrymount Park plan. The amphitheater formerly hosted a concert series, but Murphy said such an event would be better off in Quincy Center.

"As part of the master plan, I think the mayor wants to take a look at what exactly we could use that space for," Murphy said. "The summer concert series hasn't been around for many, many years at that location. I do think the summer concert series works if there is some ancillary benefit - that you get people into the downtown to have dinner, to have a drink, to shop or do whatever. I don't know that [the amphitheater] location helps anybody but the ice cream man."

"It's a question about what the best use of it is. I know the recreation department does their drama camp there in the summer time - they love it - so, I'm not talking about filling it

Cont'd On Page 17

Bakery Neighbors Concerned Over Noise

By SCOTT JACKSON

Residents living near an Adams Street bakery raised concerns about the noise the business generates during a recent licensing board meeting.

The Board of License Commissioners on June 25 held a public hearing to address residents' concerns about Montilio's Bakery, located at 638 Adams St. Following the hearing, City Clerk Nicole Crispo said she and Jay Duca, the director of inspection services, would work with the business and its neighbors to try and find a solution to the matter.

The neighbors identified three concerns in particular regarding the bakery, all regarding noise: a refrigerated truck in use on certain holidays, trash pickup taking place between 3 and 4 a.m., and early morning deliveries to the back of the store.

"We are impacted great-

ly by the deliveries at 6:30 in the morning as well as the dumpster," said Richard Keddy, a Shirley Street resident. "I don't know if you've heard a dumpster being emptied, but it's loud."

"We just want them to work something that is reasonable for all of us - all of the neighbors. We're not wanting to shut anybody down," Keddy added. "We just want some courtesy."

Keddy was one of five residents to raise concerns about the bakery; he also presented the board with the signatures of other nearby residents who shared similar concerns.

Ernestine Montilio said the bakery had told the company that handles its trash removal to stop emptying the dumpster during the early morning, but Keddy said the problem was still ongoing.

Crispo said the city could

start fining the trash removal company for violating Quincy's noise ordinance.

"They are breaking the city ordinance for noise. I think it is time that either Montilio's finds another company to do the trash, or we start fining the company. I don't think we'll fine [the bakery] - you've obviously made your effort to tell them not to come at that time," Crispo said.

"We don't want to hurt [the bakery] because they are making their effort, but we would rather go after the company itself with the fines. I think that might resolve that issue."

Police Chief Paul Keenan said residents should call police if the trash company continues to empty the dumpster during the early morning hours, so the reports can be documented.

Crispo also asked the bakery to receive deliver-

ies through its front door, particularly those that arrive before 7 a.m. Ernestine Montilio said the bakery could possibly do so, but she could not commit to doing it without speaking to her brother George, the owner of the company.

The bakery, she added, has operated at the same location for decades without complaints.

"We've been there over 35 years. We've never had a problem," Montilio said.

Crispo said she and Duca could visit the site to speak with residents and the Montilio family to try and resolve the matter.

"I don't think these people want to hurt you. I think we can all work together, but you've got to resolve a few issues," Crispo said. "We'll make some positive changes in the neighborhood. I think it will be good for everybody."

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Scenes From Yesterday



THE M. E. CHURCH ~ ~ ATLANTIC, MASS.

THIS IS A 1927 real photo postcard view of the Methodist Episcopal Church on East Squantum Street in Atlantic. The church had just been built on land that was the site of the old Quincy Elementary School. On the right was the pastor's home and just out of sight next to it was the original wooden church that later became the Masonic Hall. The Methodist congregation merged with other Quincy churches in the 1980s and this building was used as a Sikh Temple for a few years until it

was converted into condominiums. The the distant left can be seen the old Atlantic fire station with the tower and beyond that the old Hancock Paint factory. Under construction at the time of this photo was the center section of today's North Quincy High School behind the church. The east wing of the high school was built in 1931 and today would block the view of the left.

From the Postcard Collection of Tom Galvin

Quincy's Yesterdays

This Week
1994
25 Years Ago

Weld Signs College, Golf Course Petitions

Gov. William Weld has signed into law two home-rule petitions that will pave the way for a new system of government at Quincy College and construction of a golf course/recreational facility at the former landfill site in West Quincy.

Mayor James A. Sheets made the announcement after receiving verification from Weld's office. The two petitions were passed by the city council in March and by the state legislature on June 21.

Sheets said he was thrilled with the news. His home-rule petition for Quincy College calls for the college to be governed by a new independent board of trustees.

The other home-rule petition will allow the city to enter into a lease agreement of up to 50 years with Quarry Hills Associates for the construction of a golf course recreation complex to be maintained by the developers but owned by the city.

PAY RAISES FOR CITY OFFICIALS APPROVED

The City Council has approved pay raises ranging from 2 to 14 percent for department heads and other top full-time city officials.

The salary increases are the first in five years for Mayor Sheets and city councillors and the first significant raises in five years for 50 department heads and other non-union employees.

The mayor's salary is going up 12 percent from \$55,587 to \$62,500 per year while city councillors' pay will rise 25 percent to \$12,607. The raises for the mayor and city councillors become effective on Jan. 1, 1995.

QUINCY-ISMS

The 10th annual Chris Peter Blood Drive will be held July 19 from 2 to 8 p.m. at St. Thomas Aquinas Hall, Darrow St., Houghs Neck... **Christine Carroll**, daughter of William and Angela Carroll, was named to the Dean's List at Salve Regina University... Storyteller **Len Cabral** will appear in concert at the Thomas Crane Public Library, Washington St., July 12, at 7 p.m. His appearance will open the eighth annual Summer Storytellers Series, sponsored by the Quincy Arts Council and the Friends of the Library... **Stephanie Craig** of Quincy is a recent graduate of Framingham State College. She received a Bachelor of Science degree from the school... **Robert M. Long** of Quincy recently received his juris doctors degree from the New England School of Law... **Kevin Foley** of Mary Street, Quincy, in a letter to the Quincy Sun Readers' Forum, posed the question, "Do we really need a Wal-Mart in Quincy?" Answering his own question, Mr. Foley a third generation resident of Quincy, said, "I don't think so."... **Robert M. Maguire**, 71 Sims Rd., Wollaston, took the opposite position, stating, "I think it's a great thing for the city of Quincy."... **Josephine Shea**, Deputy Supt. of Administration Finance of the Norfolk County Sheriff's Office, was the guest speaker at the Quincy Lodge of Elks annual Flag Day ceremonies... Colonial Savings Bank, 12 Beach St., Wollaston, was offering new car loans at 7% APR for three years... Public Works Commissioner **David Colton** presented the Employee of the Year Award to DPW draftsman **Nancy Allen**... **Justin Mahoney**, son of Mr. and Mrs. Daniel Mahoney, graduated first in his class at Lackland Air Force Base in Texas... **Edward Keohane**, owner of Keohane Funeral Service of Quincy, was elected president of the National Selected Morticians, an international non-profit association of independent, privately owned funeral service firms... **Stephen P. Dunleavy** of Quincy has been named executive vice-president for the Shawmut Center opening, the New Boston Garden Corp. has announced... J.B. Optical and Hearing Aids, 1361A Hancock St., was offering "Hearing Aids Complete, 30-day trial for \$499"... **Kenneth Whalen, Jr.** was a recent honors graduate of Bunker Hill Community College, Boston... The Quincy and South Shore Board of Realtors has changed its name to the South Shore Association of Realtors, Inc. The name change was announced by Board President **Arthur Foley**... **Normand Grenier**, executive director of Quincy Neighborhood Housing Services, was appointed to a two-year term as a member of the Neighborhood Reinvestment Council Corporation... **Cong. Gerry Studds** announced that the U.S. House of Representatives has approved a grant of \$230,000 to benefit the United First Parish Church and the Adams National Historic Site. Half the money will go for operating expenses at the Adams Site. The other \$115,000 will go to technical assistance in rehabilitating the church.

AARP Fraud Update - July 2019

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

- **An Educator:** Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.

- **A Watchdog:** Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.

- **A Resource:** Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.

- **Free for Everyone:** Anyone, of any age, can access our resources at no cost.

SCAM ALERT #1:

PEER-TO-PEER PAYMENT APPS

With new technologies come new ways for scammers to try to steal our money. Peer-to-Peer (P2P) money sending apps - Zelle, Venmo, PayPal and the like - are popular ways for friends to send money back and forth. Unfortunately, scammers are using the same technology to receive payment from individuals they deceive into believing they owe money. These platforms have fewer consumer protections than other forms of payment. Use caution when sending money to people you do not know and watch out if a stranger insists on paying you via P2P apps.

SCAM ALERT #2:

DOOR-TO-DOOR SCAMS

Warm weather brings out the door-to-door solicitations. Be cautious anytime a stranger comes knocking unsolicited, especially if the visitor is trying to sell you goods or services. To avoid door-to-door scams, refuse to do business right on the spot. Always ask for credentials and check with an objective third party to verify someone's identity. Never pay for services in cash and be wary of paying upfront for a product or service that will be delivered at a later date. A receipt is worth nothing unless the business is valid and reputable. Be sure you read and understand any agreements or contracts you sign. Don't be afraid to offend someone by not doing business with them.

SCAM ALERT #3:

PUBLIC WI-FI SCAMS

Are you using public Wi-Fi? Free Wi-Fi is a great convenience, but it can be risky. Scammers can set up a Wi-Fi network with a name similar to the one you're intending to use, hoping you'll connect to it, or they can hijack your information between you and the Wi-Fi access point. Do no more than checking the weather or browsing sports scores; otherwise, hackers can steal your passwords, see your email, or intercept financial transactions. Make sure your device isn't set to connect to Wi-Fi automatically. When on public WiFi, use your device's data service or install a "virtual private network" (VPN) to protect yourself while using public Wi-Fi.

SCAM ALERT #4:

RENTAL PROPERTY SCAMS

Renting a home is often a big expense and an even bigger one when the rental is a scam. Scammers look for easy cash by collecting first month's rent, deposits, and application and background check fees and then bolt before handing over the keys. Numerous versions of rental frauds abound: some are bait-and-switch while others will attempt to rent out properties that are already leased or otherwise unavailable. Leasing based on units similar to a model unit and putting money down on a place unseen is on the rise, and would-be renters are being scammed out of hundreds or even thousands of dollars. When renting a new place, watch out for scammers who ask you to sign before seeing anything or request payment via money wire, peer to peer apps or cash. Do your research on the property and owner read agreements carefully.

SCAM ALERT #5:

FREE TRIAL OFFER SCAMS

Social media, TV, and other media often advertise free trial offers that claim to be "risk free." However, some "free" trial offers end up being traps that lock consumers into plans that charge recurring fees. Often a free trial offer will require you to provide your credit card information for a nominal shipping fee. However, once you accept the offer and the company has your payment information, you may be charged for products you never intended to order. Read up on both the company (reviews and contact information) and the terms and conditions of the offer. Be sure to monitor your financial statements: If you see charges you didn't agree to, contact the company directly to cancel future charges, and if that doesn't work, contact your credit card company to dispute the charges. Bottom line? Be wary of signing up to receive products or services that claim to be "free."

Be a fraud fighter! If you can spot a scam, you can stop a scam. Report scams to local law enforcement. Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatch-network for more information on fraud prevention.

Events, Activities At The Quincy Council On Aging

By MARIE FERENT

The Quincy Council on Aging announces the following upcoming events and activities at the Kennedy Center, 440 East Squantum St. in Quincy.

Quincy's Memory Café

Hosted by Standish Village at the Kennedy Center
Monday, July 8th at 1:30 P.M.

Brought to you by Julie Platz, director of Communications for Standish Village Assisted Living & Compass Memory Support, Quincy's Memory Café welcomes those living with memory loss or dementia and their care partners, family and friends. Our Memory Café provides a safe and supportive gathering place for friends with varying levels of memory loss to relax and enjoy conversation with their care partners and family over pastries and coffee. There will be varied monthly offerings for an engaging and participatory experience. While Memory Café is open to anyone in the community, any guest who requires a personal care attendant must have a caregiver present.

Call 617-376-1243 to register for the event.

90+ Birthday Celebration

Friday, July 12th at Noon

Are you 90 or older? Let's celebrate! Join us in celebrating "being 90+" at a catered luncheon at the Kennedy Center. A major milestone in someone's life, 90 is well deserving of a celebration!

Call the Kennedy Center at 617-376-1506 to register for this special event.

Old Colony Hospice & Palliative Care

Wednesday, July 17th at 10:30 A.M.

Old Colony Hospice is proud to partner with Quincy COA to provide you with "The Difference Between Palliative Care and Hospice" presentation, presented by Cindy Kineavy, LSWA & Morgan Heddy. Refreshments courtesy of Old Colony Hospice. Space is limited and registration is required. Call 617-376-1506 to reserve your spot.

Breakfast Bingo

Thursday, July 18th at 10 A.M.

Join Deb Deery, LPN, director of Admission at John Adams Healthcare Center for a fun start to the day! Try your luck at Bingo and a chance to win a fabulous prize! Enjoy breakfast, meet new friends and have fun! Space is limited. Registration is required. Don't miss out on all the fun! Space is limited. Call 617-376-1506 to register.

Bingo + Songs = Singo

Friday, July 19th at 1 P.M.

Singo with Jim the DJ! This is not your Grandma's bingo! Singo is bingo where we replace the numbers with your favorite songs. Test your musical knowledge and luck. Have some fun and win some prizes! Sing, dance laugh, Singo is all about a good time. Light refreshments will be served. \$5PP due at time of registration.

Monthly Birthday Party Celebration

Monday, July 22nd at 1:30 P.M.

At Hamel-Lydon Chapel, we also believe in the celebration of life. Come join us at the Kennedy Center for cake and ice cream if it's your birthday! And even if it's not, come and join us for our celebration! Sponsored by Hamel-Lydon Chapel. Reservations are required. Call 617-376-1506 to register.

Senior Whole Health

Wednesday, July 24th at 1 P.M.

Join Alex from Senior Whole Health on Wednesday, July 24th at 1 p.m. as he explains the benefits of their programs to support your health and well being. Senior Whole Health are health plans for seniors aged 65 and older who have Mass Health Standard and Medicare Part A and B. Light refreshments will be served. Space is limited. Call 617-376-1506 to register.

Protecting and Empowering Older Adults

Wednesday, July 24th at 1:30 P.M.

The True Story Theater performs improvisational theater. Audience volunteers tell important moments from their lives. Actors then honor these stories through drama, movement, music and song. Audiences laugh and cry, build respect and understanding, and gain insights about their lives. Stories of actual challenges faced by older adults will be dramatized by the troupe. The FREE performance will take place at the Kennedy Center. Call 617-376-1506 to register.

Guangzhou Association of Boston Cross Cultural Performance

Friday, July 26th at 1 P.M.

Seize the opportunity this summer to experience a one-of-a-kind, cross-cultural performance! The singing and dancing troupe from The Guangzhou Association of Boston will perform for you traditional Chinese and Western songs, Tai Chi sword demonstration, Sway Mambo Line Dance, Qi Pao dance and more. Call 617-376-1506 to register.

Travel the World with Virtual Reality

Tuesday, July 30th at 10 A.M.

Welcome to a new program at the Kennedy Center. Using virtual reality we will be taking you on trips around the world. This month it starts with Italy. Using our new virtual reality devices we will explore various cities in the country of Italy and specifically the Vatican and the Sistine Chapel as well as the wine country and various other interesting locations. Be one of the first members to see this exciting way to travel without leaving Quincy! See other lands without plane tickets or TSA lines. Grace and Glen Buscher will be the hosts. Call 617-376-1506 to register. Space is limited to 12 people.

Life Expressions Décor

Tuesday, July 30th at 1 P.M.

Join Marion Ritz of Life Expressions for a sign making class. All supplies are included, you will go home with a themed sign. \$20 per person due at time of registration. Space is limited and registration is required.

Emergency Preparedness Workshop

Wednesday, July 31st at 10:30 A.M.

The Quincy Council on Aging will host an Emergency Preparedness Workshop by Doug Forbes of the Massachusetts Emergency Management Agency. Mr. Forbes will provide information on emergency preparedness, how to put

together an emergency supplies kit and develop a family emergency plan. Many helpful publications will be provided free of charge. Call 617-376-1506 to register.

TRIPS

Spirit of Boston

Monday, August 22nd

Join us to experience the breathtaking wonder of the harbor to the skyline, Boston offers variety at every turn of its city streets! You'll first arrive on Boston Common, where you'll drive by the State House and the beautiful Public Gardens. Then you'll board the luxurious Spirit of Boston for a two-hour narrated cruise and dine on a delicious buffet of Roast Salmon, Tilapia, Chicken Parmesan, Meatballs, Baked Ziti or Roast Broccoli, including salad, vegetables, and desserts, served buffet style. Later, you'll see the North End or Quincy Market as well as the nearby Rose Kennedy Greenway. \$89 per person includes Transportation, Cruise, Buffet. Checks made payable to Fox due at time of registration.

Equestrian Vermont Featuring the Middlebury Inn

Wednesday, Sept. 18-Thursday Sept. 19

****New Date****

Take a trip North to witness the beauty of Equestrian Vermont. Visit the Morgan Horse Farm. Learn about the breeding and care of one of the world's most sought after horse breeds. On day 2, we head out to Manchester, Vermont and visit the Hildene Estate, the summer home of Mary Todd and President Lincoln. After, we will visit the Vermont Country Store to shop for unique local products, with lunch on own at The Bryant House located on the property. Next, a truly magical experience - The Fresians of Majesty.

Price is \$390 pp for a double/\$370 triple/\$466 single. Space is limited. Registration is required. Full payment required at time of registration. Checks made out to Landmark Tours. Deadline to register is July 31st.

Thimble Islands Cruise

Tuesday, Sept. 10th

Relax and enjoy a 45 minute narrated cruise around hundreds of small islands, 25 of which are inhabited. First discovered in 1614 by Adrien Block, these islands were used for every-thing from farming to quarrying granite, from bootlegging to hiding Captain Kidd's treasure. The infamous Captain Kidd sailed to the Thimble Islands in 1665, and some say they can still feel his presence today. Before our picturesque cruise, we will dine at the Maritime Grille. You will have a choice of Roast Beef, Baked Scrod, Chicken Marsala and includes a salad, fresh vegetables and mashed potatoes, house rolls and butter, dessert, coffee, tea and decaf. Heading homeward, we will stop at Lyman Orchards and shop/browse through the farm market.

Cost is \$80 per person includes transportation, cruise and lunch. Checks made payable to Landmark Tours. Payment due in full at time of registration.

Bay Pointe Restaurant Fireworks July 4th

The Bay Pointe Waterfront Restaurant, located in Quincy Point, will sponsor a fireworks display on July 4 in recognition of Independence Day for the second straight year.

The inaugural fireworks show on July 4, 2018 marked Bay Pointe's 20th anniversary in operation in Quincy and the display was designed as a way to give back to the community that had long supported the restaurant and came along with a pledge to continue the Fourth of July fireworks celebration annually on behalf of the city.

In recognition of the rich history of the city, its roots in American politics, and its

famous residents' contributions to shaping the beginnings of the United States, Bay Pointe owner Hynes Restaurant Group, alongside Mayor Thomas Koch, announce that the pyrotechnics show will once again launch from a barge in Town River Bay at 9:15 p.m. on July 4 allowing for maximum viewing from many vantage points citywide including, but not limited to, Germantown, Quincy Point, Merrymount, Houghs Neck and the Fore River Bridge area adjacent to North Weymouth.

The city of Quincy was home to such American heroes and framers as President John Adams and his

wife Abigail Adams, President John Quincy Adams as well as John Hancock, the first signer of the Declaration of Independence. Hynes Restaurant Group owner Kevin Hynes felt strongly that the city of nearly 100,000 residents in current day deserved an Independence Day celebration worthy of the contributions of some of its earliest occupants from centuries earlier. "We have been honored to be a part of the city of Quincy for the past two decades as a culinary destination for the freshest seafood New England has to offer and some of the best water and sunset views around," Hynes said. "Now it's time

for us to give back not only to our guests and all those who have made Bay Pointe Waterfront Restaurant what it is today but also to the entire city and we are excited to work with Mayor Koch on this great occasion and event."

While Bay Pointe Waterfront Restaurant will be closed to the public beginning at 3 p.m. on July 4 for a private viewing party, the fireworks display can be viewed throughout much of the city.

Tickets for the private party at Bay Pointe can be purchased by calling the restaurant at 617-472-3200 or by visiting in person.

Summer Sizzler SPECIALS

Carolina Hash 'n Eggs
All-natural BBQ pork, sweet potatoes & onions

Caprese Salad
Mixed greens, grape tomatoes and fresh mozzarella topped with basil pesto and a balsamic drizzle

Pulled Pork Sandwich
All-natural BBQ pork, cole slaw and sweet potato fries

Cape Cod Burrito
Golden fried George's Bank Flounder rolled in a flour tortilla with corn, black beans, brown rice and cheese

Chef Higby's Carolina Mac 'n Cheese
White cheddar Mac 'n Cheese topped with fried onions and scallions, served with a choice of BBQ Pulled Pork, BBQ Grilled Shrimp or BBQ Grilled Chicken and a side of coleslaw

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The Fine Print Book Review:

The Unlikely Pilgrimage Of Harold Fry — A Novel By Rachel Joyce

By BETH VACCA

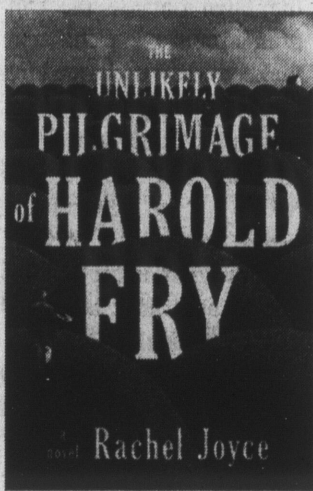
Some of us run through life. Family, jobs, responsibilities. Everything is on fast forward. Others let life pass them by. Some content to sit. Others afraid to try new things. Putting yourself out there brings the possibility of being hurt. Vulnerable.

And then there are those of us who are stuck. Life has brought disappointment and heartache. We didn't realize we were making choices but those choices, or non choices, led us to find ourselves in places we would not have willingly chose. Unable to move forward.

In this story we meet the recently retired Harold Fry. No hobbies. No real friends. A wife who has been sleeping in the spare bedroom for years after one of them, he can't remember which one, had a cold and she moved out of their room and just never returned.

Harold receives a letter from a co-worker he hasn't heard from in years. She is terminally ill and does not have much time left, however, she wanted to say goodbye. Harold writes a quick response and sets out to mail the letter at the end of his driveway. He then decides he could at least walk to the post to mail the letter. And then to the next post. After a chance encounter and a brief discussion regarding faith he decides he will walk the 627 miles and deliver the letter to her himself. He rationalizes, "As long as I walk, she must live".

As Harold walks he reflects on his life and the choices and non-choices he has made. He begins to deal with his childhood as the son of a woman who abandoned him and an alcoholic father who turned him out to the street at the age of 16. Harold realizes that walking is not the easiest path to his friend, Queenie, but it was something he had to do. "He looked behind and already there was no trace, no sign



of him anywhere ... He had made a mess of being a husband, father, and friend and even being a son ... He had passed through life and left no impression. He meant nothing."

Harold begins to realize that life was very different when you walked through it. "Maybe you saw more land when you got out of the car and used your feet." While walking and scavenging for food Harold ponders, "Once more, it surprised him how much was at his feet if only he had known to look". So true.

Harold reflects that it is not enough to stay at life's sidelines. That you have to be part of your own story and that this is true for everyone. "Harold could no longer pass a stranger without acknowledging the truth that everyone was the same, and also unique; and that this was the dilemma of being human."

And as this story is written in two voices we are also given the viewpoint of Harold's wife, Maureen. Harold had called Maureen from the road to let her know his plan and tell her not to worry. Maureen is convinced

Harold will return as soon as he comes to his senses. When he does not return and she no longer has Harold at home every day to blame for her circumstances she also begins to reflect on their life together.

While looking through old photographs Maureen begins to discover the past may not have happened as she has chosen to remember it. That she has made mistakes as well. The old familiar adage, sometimes you don't realize what you have until it's gone, comes to mind. She acknowledges Harold's walk "... was never a race. It was the journey that mattered".

Harold and Maureen Fry's journeys are separate and unique. Two people, two lives, one love.

This is a story about love and loss. Self discovery. Rediscovery. Forgiveness.

"Beginnings could happen more than once, or in different ways."

In reading this story I was reminded of the Christmas television special "Santa Claus is Comin' to Town" where a young Kris Kringle sings "Put One Foot in Front of the Other" and tells the Winter Warlock that changing is as easy as taking your first step. We may not need to walk 627 miles, but it is in Harold's walk that we can recognize the need to be purposeful with our lives. To have the courage to make hard choices. That although in loving we may be hurt it is always worth the risk. And that it should never be too late. Don't forget to live life. And don't forget to read ... *The Fine Print*.

17 On Simmons Dean's List

Seventeen students from Quincy are on the Dean's List for the spring semester at Simmons University in Boston.

They are: Shu Qi Ke, Johanna Yu, Trina Liang, Josephine Lee, Ivy Chiu,

Amy Worth, Samantha Feeney, Emily Lo, Tiffany Tang, Vivian Zou, Kelly Liang, Jessica Chen, Jia Ying Chen, Andrea Borges, Kari Chen, Eliza Givens and Ciara Forde.

Social

Quincy Rotary Club Donates \$15,000 To Help Homeless Teens

The Rotary Club of Quincy presented Leslie Bridson from the Quincy Public Schools with a check for \$15,000 at a recent meeting.

The check represented a fundraising effort the club created to help homeless teens in the community. The club donated backpacks with supplies in September, held a toiletry drive in January and most recently made sure that every senior was able to attend their prom. The "Promposal" initiative raised \$15,000 and helped 61 students with prom expenses including a ticket, attire, and grooming as well as a yearbook.

Club member Deborah Riley led the initiative with the support and encouragement of President Wendy Simmons and President-Elect Patrick McDermott. Many club and community members donated generous-



ROTARY CLUB of Quincy presented Leslie Bridson from the Quincy Public Schools with a check for \$15,000. From left to right: Wendy Simmons, Quincy Rotary president; Leslie Bridson, Quincy Public Schools Homeless Coordinator; and Deborah Riley, chairperson. Photo Courtesy A. Rose Photography

ly to the cause. The effort also raised awareness in the community about the num-

ber of homeless teens in the school system and the challenges they face.

14 Residents Graduate Simmons University

Fourteen Quincy residents recently earned degrees from Simmons University in Boston.

They are:

Eliza Givens, Bachelor of Arts, summa cum laude; Ciara Forde, Bachelor of Science, summa cum laude; Shu Qi Ke, Bachelor of Sci-

ence in business administration; Johanna Yu, Bachelor of Science in nursing; Carol Hamilton, Master of Science in nursing (family nurse practitioner); Kelly Chow, Bachelor of Arts; Samantha Feeney, Bachelor of Arts; Emily Lo, Bachelor of Science in nursing; Hoi Man

Szeto, Doctor of Physical Therapy; Peter Lieu, Doctor of Physical Therapy; Lauren Vinciguerra, Master of Arts in English; Alexander Bauer, Master of Science; Rebecca Petrocelli, Master of Science in behavior analysis; and Trinasia Jones, Master of Social Work.

Three Residents On Hartford Dean's List

Three students from Quincy are on the Dean's List for the spring semester at the University of Hartford.

They are:

Farah Alaswad, James Nolan and William O'Brien.

Mica Curtin-Brown On Muhlenberg Dean's List

Mica Curtin-Brown of Quincy has been named to the Dean's List for the spring semester at Muhlenberg College in Allentown, PA.

Erin Koehler Graduates Saint Anselm College

Erin Koehler of Quincy N.H. with a bachelor of science in nursing. recent graduated Saint Anselm College in Manchester,

from all of us at... **Happy July 4TH**

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WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Baked Sweet Potatoes With Ricotta Cheese

By MARIE

If you like sweet potatoes as many of us do, today's recipe for baked sweet potatoes is a tasty, savory version. They are made with ricotta cheese, a favorite of many.

RECIPE AND DIRECTIONS:

- 3 medium sweet potatoes
- 1 teaspoon of olive oil
- 2 shallots finely chopped
- 1/2 cup of ricotta cheese
- Salt and pepper to taste
- 1/4 teaspoon ginger
- 1 tablespoon of brown sugar
- 1/4 cup grated Parmesan cheese
- 2 teaspoons of Bell seasoning

Preheat oven to 400 degrees, pierce potatoes with a fork, and bake on a baking

sheet (parchment paper can make this easy).

Bake until soft, about 1 hour, and let potatoes cool until they can be handled.

In the meantime, heat oil and cook shallots until softened.

Reduce oven temp to 350 degrees and grease a large baking sheet. (I use parchment paper instead of greasing.)

Cut potatoes in half lengthwise, scoop out pulp and place into a bowl leaving a thin shell. Set aside.

Mash pulp with potato masher until smooth and add ricotta cheese, salt and pepper, ginger and sugar mashing until smooth.

Stir in shallots, parmesan cheese and Bell seasoning.

Spoon mixture into potato skins put potatoes on the prepared baking sheet and bake about 30 minutes.

Red, White & Blue Potato Salad

By SUSIE

How about some red, white, and blue potato salad?

Blue/purple hued potatoes look quite "exotic" for sure, but taste pretty much like regular potatoes. These colorful potatoes pack a big nutritional punch by providing carotenoids, and antioxidants like "anthocyanin" that is also found in berries and pomegranates.

This potato is also very resistant to disease and are also able to withstand harsh conditions, which makes it a good environmental choice as well! Here is a delicious and simple potato salad recipe. ENJOY!

2 pounds baby potatoes, a mix of white and blue (or purple)

1/4 cup lemon juice

4 tablespoons extra-virgin olive oil

1/2-1 tsp Sea salt (I love Redmonds

Real Salt)

Freshly ground pepper to taste

3/4 cup chopped roasted red peppers, rinsed

5 scallions, thinly sliced

1 large clove of garlic, minced

1/4 cup chopped fresh parsley



1. Place potatoes in a large saucepan or Dutch oven and cover with salted water. Bring to a boil and cook until tender, about 15 minutes. Drain and rinse with cold water. Transfer to a cutting board. Let cool for 20 minutes.

2. Whisk lemon juice, oil, salt and pepper and garlic in a large bowl. Cut the potatoes in half, add to the bowl and toss to coat.

3. Just before serving, add peppers, scallions and parsley to the salad and toss gently.

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9 On UNH Dean's List

Nine students from Quincy are on the Dean's List for the spring semester at the University of New Hampshire in Durham.

They are:

Colleen Furey, high honors; Remy AuCoin, highest honors; Alexandria Richards, highest honors; Jessica Eynatian, highest honors; Alexander Leo, honors; Evelyn Scuzzarella, highest honors; Sean Hickey, high honors; Aislinn Collins, high honors and Amber Man, honors.

Ying Yu On Dean's List

Ying Yu of Quincy has been named to the spring Dean's List at University of the Sciences.

Yu is a Doctor of Pharmacy student.

Children's Events, Activities At Crane Public Library

By JULIE RINES
Children's Coordinator
Crane Public Library

The following events and activities for children are scheduled at the Thomas Crane Public Library July 5 to July 9.

Summer Library Adventure - Universe of Stories

This summer we will be celebrating the 50th anniversary of the Apollo 11 Moon Landing and all things space with our Summer Library Adventure - Universe of Stories. Children ages 0-12 are invited to participate in our summer reading program and join us for 2 months of FREE summer activities.

Stop by any Quincy library location, check out our website or download the Beanstack Tracker app to register for our summer reading program. Complete 10 missions and you will be rewarded with a medal at our end of summer medal ceremony.

Visit our summer reading website at thomascranepubliclibrary.org to learn about all of the other fun free activities coming up this summer.

Summer Library Quests

This summer, turn a walk around the library into a scavenger hunt. In the Children's room at the Main Library or at the North Quincy Branch, children can follow directions to hunt for letter clues to spell out a mystery phrase. At Wollaston we'll have hidden pictures to search for, find the picture and find a letter in our mystery word/phrase.

Younger children can search just in the Children's Room; older kids age 10 and up can try their luck with a puzzle that allows them to explore all the floors of the library. This is aimed at children who are able to read, but can be enjoyed by younger ones with the help of a parent.

Messy Art:

Fireworks painting

Do you think you need a brush to paint? Join us Friday, July 5th at 10 a.m. on

the lawn outside the children's room for a chance to make your own unique Fireworks painting using forks, straws and paper tubes.

This will be a very MESSY art experience, please dress to get MESSY. This program is for children ages 3 and older accompanied by an adult.

In case of rain we will move indoors for some not quite so messy art.

Children's Movie Matinee @North Quincy

On Monday afternoons at 2 p.m. this summer at the North Quincy Branch Library join us for a series of children's movie matinees. July 8th LEGO Movie 2 (rated PG runtime 107min.)

Story Craft in the Main Library Children's Room

Stop by the Main Library Children's Room on Monday afternoon July 8th at 2:30 to hear a space story and do a space themed craft. This program is for children ages 2-6 accompanied by an adult.

Chickadees Book Club - Midnight on the Moon

This book group for children who have completed grades 2 and 3 will take place in the Main Library Children's Room at 6:30 p.m. on Monday, July 8th.

This month we will be reading *Midnight on the Moon* by Mary Pope Osborne.

3-2-1 Blast Off! With Jack and Annie as the Magic Tree House whisks them off to the moon for an out of this world adventure

Interested in joining the group? Stop by the children's room to pick up a copy of the book and speak to Mrs. Miller about the program.

Storytelling at the Wollaston Beach Playground (the Tot Lot)

Join us on July 8th at the Wollaston Beach Playground Park on the corner of Sachem St. next to the Clarh Box across from Wollaston Beach each Tuesday in July at 10:30 a.m. for stories, songs and more.

Stop by to hear a story or

two and pick up a calendar listing all of the summer events. If it is raining we will hold storytime at the Main Library on 40 Washington St.

Co-sponsored by Discover Quincy.

Space Crafts @ Adams Shore

Stop by the Adams Shore Branch on Tuesday afternoon July 9th to do some crafting any time between 2 and 4 p.m. Each week we will be creating a different space themed craft. Be sure to drop in for some out of this world fun.

Phoenix Book Club: Space Case - Gibbs

This book group for children entering grades 5 through 8 will take place in the Main Library Children's Room at 7 p.m. on Tuesday, July 9th.

Like his fellow lunar nauts—otherwise known as Moonies—living on Moon Base Alpha, twelve-year-old Dashiell Gibson is famous the world over for being one of the first humans to live on the moon.

And he's bored out of his mind. Then Moon Base Alpha's top scientist turns up dead. Dash senses there's foul play afoot, but no one believes him. But Dr. Holtz was on the verge of an important new discovery, Dash finds out, and it's a secret that could change everything for the Moonies—a secret someone just might kill to keep...

Join us to discuss this funny mystery set on the moon as we get ready to celebrate the 50th anniversary of the Apollo 11 moon Landing.

Copies of the book are available in the Children's Room to be read before the group meets. Fourth graders who will be entering 5th grade in September are welcome to join the Phoenix Book Club this summer. We can't wait to meet you!

All programs sponsored and supported by the Friends of the Thomas Crane Public Library and the Quincy Cultural Council.

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What Is An Achilles Tendon Rupture?

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Rupture of the Achilles tendon is rather common in healthy, active individuals.

The rupture is typically spontaneous and usually tends to occur in athletic people between ages 30 and 50, mostly in men. The majority have had no previous history of pain or prior injury to the tendon. In the bulk of cases, rupture of the Achilles tendon occurs 2-6 cm above the insertion of the tendon into the heel bone. About 1 million athletes a year develop Achilles tendon inflammation or rupture.

Ordinarily, the Achilles ruptures when there is a sudden, forceful movement of the foot downward against resistance, such as when a person pushes off the foot with great force to jump. This often occurs in sports like basketball, tennis, or football.

The symptoms of a rupture involve an acute sharp pain in the back of the heel and inability to plantar flex the foot. The injured person may remember hearing a snap when the rupture occurred. Because there is an imbalance between the muscles that push the toes down and those that pull them up, walking becomes problematic and painful, because the foot will drag.

On occasion, the tendon does not fully rupture but only tears partially. The symptoms are the same as a complete tear, and a partial tear can advance to a complete rupture.

Causes

Underlying illness or disease may increase the risk of Achilles tendon injury.

Other risk factors for Achilles tendon injury also include the following:

- Older age
- Activities or sports that involve running and jumping
- Lack of flexibility
- Excessive activity (overuse)
- Sudden changes in intensity of exercise
- Poor conditioning

- Corticosteroid use (either by mouth or by injection)

- Fluoroquinolone antibiotics

- Poorly fitting shoes

- Jogging or running on hard surfaces

- Hill climbing or stair walking

- Previous Achilles tendon injury

- Family history

Signs and Symptoms

- Persons with an Achilles tendon rupture will frequently complain of a sudden snap in the back of the leg. The pain is often intense and patients will equate it with being shot.

- The individual will only be able to ambulate with a limp. Most people will not be able to climb stairs, run, or stand on their toes.

- Swelling around the lower calf is common.

- Individuals may recall a history of recent sudden increase in exercise or intensity of activity.

- Some may have had recent corticosteroid injection or prescription or a course of fluoroquinolone antibiotics.

- Some athletes may have had a prior tendon inflammation or injury.

A healthcare provider makes a diagnosis of Achilles tendon rupture by obtaining a patient's history and performing a physical exam as noted above.

- Plain X-rays of the foot may reveal swelling of the soft tissues around the ankle, other bone injury, or tendon calcification.

- Ultrasound is the next

most commonly ordered test to document the injury and size of the tear.

- MRI may be performed when a diagnosis of tendon rupture is not obvious on ultrasound or a complex injury is suspected.

Treatment

Surgery is the recommended treatment for the young, healthy and active individuals, and for athletes, surgery is often the first choice of treatment. The Achilles tendon can be repaired surgically by either a percutaneous or open technique.

With the open technique, a surgeon makes an incision to allow for better visualization and approximation of the tendon. With the percutaneous technique, the surgeon makes several small skin incisions to mend the tendon.

Irrespective of type of treatment, a short leg cast or postoperative boot will be applied on the operated ankle after completion of the procedure.

The advantages of a surgical approach includes a decreased risk of re-rupture rate (0%-5%); the majority of individuals can return to their original sporting activities within a short period of time, and most regain their strength and endurance. Disadvantages of a surgical approach include cost, the need for hospitalization, wound complications and nerve injury.

A nonsurgical method may be recommended for patients who are older, less active, and have a higher

risk for surgery and anesthesia. Nonsurgical management encompasses the application of a short leg cast to the injured leg, with the foot in a slightly downward flexed position, for six to 10 weeks, with movement of the ankle is allowed. Walking is allowed on the cast after a period of four to six weeks.

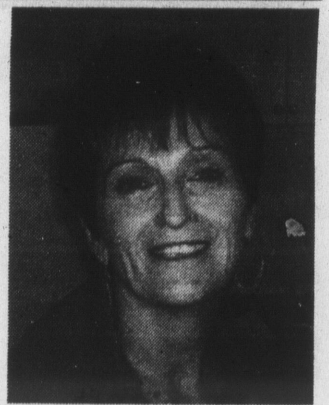
Upon removal of the cast, a small heel lift is inserted in the shoe to decrease the stress on the Achilles tendon for an added two to four weeks. Following this, physical therapy is recommended. The disadvantages of the nonsurgical approach includes an increased risk of

re-rupture up to 40%, sustained immobilization in a cast, and increased technical complexity should subsequent surgery be required. The benefits include no need for anesthesia or hospitalization, decreased risk of skin breakdown and decreased risk of nerve damage.

To prevent Achilles tendonitis or rupture, the following tips are suggested:

- Flexibility is an important goal of injury prevention.

- Pain is never normal. If calf or heel pain occurs, consider stopping the activity. If rest does not help and the pain recurs when the ac-



RUTH JONES

tivity restarts, seek medical care.

- Consult your healthcare provider if you are experiencing calf muscle or tendon discomfort.

- Try to wear good fitting shoes that are not too worn and are specific for the intended activity.

Ruth Jones is the health commissioner for the City of Quincy.

BID-Milton Earns 'A' Grade For Safety

Beth Israel Deaconess Hospital-Milton (BID-Milton) was recently awarded an eighth consecutive "A" grade in the Leapfrog Group's Spring 2019 Hospital Safety Score report. Only 5% of hospitals nationally have earned an "A" grade for eight consecutive Safety Score reports according to Leapfrog.

A national patient safety organization, Leapfrog provides letter grades to more than 2,500 hospitals nationwide on a bi-annual schedule based on how well hospitals protect patients from preventable medical errors, injuries and infections.

According to Leapfrog, an "A" grade is one of the most significant honors a

hospital can achieve and one of the most important indicators of patient safety. Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses 30 measures of publicly available hospital safety data to assign A, B, C, D and F grades to U.S. hospitals twice per year. It is calculated by top patient safety experts, peer-reviewed and fully transparent.

"Beth Israel Deaconess Hospital-Milton is committed to excellence in quality of care, patient safety and experience," said Richard Fernandez, president and CEO. "Receiving eight consecutive 'A' grades from Leapfrog, a nationally respected patient safety group,

is the result of our robust, organization-wide patient safety program and our physicians' and staff's commitment to providing the best, safest care possible day in and day out."

Added Leah Binder, president and CEO of the Leapfrog Group: "Protecting patients from harm is the most important charge in any hospital. We recognize and appreciate Beth Israel Deaconess Hospital-Milton's vigilance and continued dedication to keeping its patients safe." To see BID-Milton's full score and to access consumer-friendly tips for patients and loved ones visiting the hospital, visit www.hospitalsafescore.org.

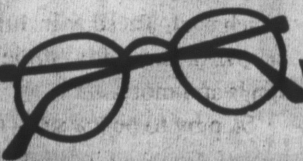
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Downtown Convenience Store Can Sell Beer, Wine

Cont'd From Page 3

Market," Aieta said. "They really want to have it as a community and neighborhood market, get that back up and running. There are a lot of residents in the area. I think it's going to be a real added convenience for those residents."

Robert Lapenna, a Spear Street resident, spoke against the proposed beer and wine license, citing concerns about public drinking, alcohol winding up in the hands of Quincy High School students and the existence of other alcohol retailers in the area.

"Why do we need another one around here? It's not right," Lapenna said.

Police Chief Paul Keenan, one of the five members of the license board, said he would have been concerned about the request had Quincy Market sought permission to sell liquor along with

beer and wine.

"I would be concerned if it was all-alcohol. I'm not as concerned about beer and wine, because normally we don't see them consuming that on the corner or on the street," Keenan said.

James Dunn, a Babcock Street resident, said he was in favor of the proposed license. The Patel family, he said, has a proven track record of operating stores in the city.

"They run a good operation. I know first-hand. I've done work for them," Dunn said. "I understand this gentleman's concerns too — no matter what, if someone wants to get booze, they're going to get it. But this is a convenience for the neighborhood and this family has a very proven track record."

City Clerk Nicole Crispo, the board's chairwoman, said the Patel family has proven to be responsible

business owners.

"The Patels do do a great job in our city and we appreciate them and their business and how hard you work at it and we don't ever seem to have a problem with that," she said. "Leo Martin is a responsible landlord and right on top of everything that happens in that building."

In other business on June 25, the board:

Granted the Merrymount Association special-use and one-day beer and wine licenses for a pair of events. Its annual Independence Day celebration will take place at Merrymount Beach on Wednesday from 5 p.m. to 10 p.m. and the Notch Brewing Mobile Biergarten will set up shop there on July 13 and 14. It will open at noon on both days and close at 8 p.m. on July 13 and 6 p.m. on July 14.

Granted the Houghs

Neck Community Council a special-use permit for its annual Family Fun Day event, which will take place Wednesday from 10 a.m. to 1 p.m. on Edgewater Drive. The event is alcohol free. The HNCC also received a special-use permit and one-day beer and wine license for the annual ChowdaFest, which will take place this year from 2 to 6 p.m. on Sept. 14 at the Houghs Neck Maritime Center.

Granted Marina Bay Market, 532 Victory Rd., extensions of premises for beer and wine tastings that will take place on the boardwalk outside the store on July 21, Aug. 18 and Sept. 15.

Granted a common victualler license to Big Fun Café, 18 Brook St. The restaurant will be open from 10 a.m. to 10 p.m. seven days a week.

Granted a livery license

to My Limo, 173 School St. Mohammed Bennis sought the license so he could take customers to and from Logan Airport. He will park a single vehicle in the driveway at that address.

Social Security Matters Should I Claim Benefits Early And Invest Them?

By RUSSELL GLOOR

AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I am 64 years old and my wife is 62. We both have good paying careers. Our original plan was to wait until we each turned 70 before drawing our Social Security benefits. But I was talking to a friend who is a very successful small business owner who told me that he started drawing his SS benefits at age 62. He puts the funds in a mutual fund every month. He has "run the numbers" and he is convinced that he will come out ahead rather than waiting to draw at age 70. I was shocked to hear this advice since I had never heard any expert advocate this option before.

What say you, Sir? **Signed: Questioning My Plan**

Dear Questioning: I, too, have "run the numbers" many times. Although Social Security will say that it makes no difference when you apply (they say you get the same in total benefits no matter which age you claim) with average longevity today being in the mid-80's (84 for men; 87 for women) that may not be true. I have done numerous "break even analyses" and have found that if one claims at their full retirement age instead of at age 62, they will have collected the same amount of benefits at age 78 in either case. That means that by living longer than age 78, you will realize more in total cumulative lifetime Social Security benefits by waiting until your full retirement age to apply. Similarly, if you wait until age 70 to claim, you will break even (collect the same in total benefits) at age 82, and if you live beyond 82 you'll get more in cumulative benefits by waiting. If you live well beyond those ages, the extra benefits can be very substantial.

I wonder if your friend included in his analysis how the "earnings test" affected his early benefits. If you are still working and you claim benefits before you reach your full retirement age, you'll be subject to Social Security's "earnings limit" (\$17,640 for 2019) which, if you exceed it, will cause Social Security to withhold benefits equal to \$1 for every \$2 you are over the limit. This applies to both you and your wife. The earnings limit doesn't go away until you reach your full retirement age, so when contemplating whether to collect benefits before your full retirement age you should assess the amount of benefit loss you will incur if your earnings exceed the earnings limit. Although at your full retirement age (FRA) Social Security gives you time credit for any months you don't receive benefits because you exceeded the earnings limit, it will take you years to recover any withheld benefits because they only slightly increase your benefit at your FRA to compensate for withheld benefits from over-earning (you need to live long enough to recover those lost benefits).

And did your friend consider this: your surviving spouse will receive 100% of the benefit you are receiving at your death. If you claim before your full retirement age, your surviving spouse will get the reduced amount; if you wait until after your full retirement age to claim, your surviving spouse will get the full amount of your benefit increased by delayed retirement credits. Benefits are about 76% more at age 70 than they are at age 62.

Of course, the question of when to apply must always take into account your current financial needs, your current health and lifestyle, and your expected longevity (considering your family history). Whether to claim early and invest those benefits or wait until later is a choice only you can make. But you should consider the above points and compare the guarantee of increasing your lifetime benefit amount by 6% to 8% for each year you wait to claim, against the interest or growth rate you might expect from investing in the securities market.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit the website amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Danielle Kemp Candidate Ward 1 Councillor

Quincy Center resident Danielle Kempe announces she is a candidate for Ward 1 city councillor in this year's municipal election.

Raised in Peabody, Kempe moved to Quincy 10 years ago. She currently lives in Quincy Center with her husband David and 18 month-old daughter, Elise.

"I like to say I'm Quincy by choice. I chose to make Quincy my home for many reasons including its convenient location, its diverse community, a strong school system, and the great neighborhoods," Kempe said in her campaign press release.

After graduating from Emmanuel College, Kempe took a job managing Belle of the Ball & Coats for Kids, a charity that distributes clothing to those in need. She has since worked as a professional fundraiser for organizations such as, The Cystic Fibrosis Foundation, The National Multiple Sclerosis Society, and RESPOND, Inc - Working to End Domestic Violence.

Kempe said she feels the skills that make her successful in fundraising will contribute to success as a city councillor.

"In fundraising, you



DANIELLE KEMPE

can't be shy and you can't be quiet," Kempe said. "You are presented with a challenge and you have to ask the right questions of the right people to meet or exceed expectations for the job. It's what I will do as Ward 1 councillor."

Kempe has been an active member of the community since moving here. She regularly attends city council meetings and serves on the Board of Directors for Friends of the Thomas Crane Public Library as well as ACCESS-Advancing Community Inclusion & Equality on the South Shore, a group focused on improving accessibility for those who are mobility challenged. She also successfully fought alongside other advocates for the reinstatement of Quincy's Commission on Disabilities.

Kempe said she is running on a platform that includes improving affordability and accessibility for all. One of the main things she hears from voters regarding affordability is increasing tax bills.

"The city will tell you residential property taxes are down, and on paper, they are. But in reality, assessments are up, raising taxes for homeowners. People are feeling it. We should start by taking a closer look at our spending and asking tougher questions about our budget."

Kempe said she believes the city has to prioritize keeping its long-time residents while attracting younger workers and families. "We cannot continue to build luxury developments for the minority that are out of reach for the majority," she said. "If I were starting out today, I couldn't afford Quincy and seniors repeatedly tell me they are finding it financially hard to stay. Meaningful tax abatements for resident occupied homes is a good start in offering some relief."

Kempe said she is also a strong supporter of improving accessibility. "Accessibility not only affects those in wheelchairs. It affects everyone from moms and dads trying to push a stroller to our older residents who are at risk of tripping on broken or lifted sidewalks," she said. "Everyone should be able to enjoy all that Quincy has to offer and that begins with bringing Quincy into compliance with the Federal Disabilities Act which it has

been in violation of since 2004."

While there are many concerns across the ward from rising costs to improving flood zones or cleaning up parks, the issue that seems to top the list is overdevelopment and traffic. "People across the ward are worried about overdevelopment and how it affects them every day. I've been told it can now take 30-45 minutes to go from Adams Shore to Stop and Shop on Southern Artery. Who wants to make that trip?"

She said she's been listening as residents expressed concerns about things like increasing traffic throughout the city, formerly quiet residential streets becoming dangerous cut throughs for speeding cars, buildings going up "everywhere" and a city government that doesn't seem to hear them.

But Kempe said she is paying attention.

"I strongly believe that it's time to pause the development and really look at what we're doing and how it is affecting the neighborhoods, the quality of life and the people of Quincy," she said.

Kempe said she will continue to knock doors and speak with voters across the ward in coming months.

"I am committed to this community. I want to represent my neighbors and I also want to improve the communication between the people and city hall because we can do better."

Kempe can be reached anytime at danielle@daniellekempeforquincy.com or at 617 249-4593.

For more information, visit www.daniellekempeforquincy.com

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Natural Resources Commissioner Focused On Efficiency

David Murphy, Department Overseeing Projects Across 52 City-Owned Parks, Playgrounds

By SCOTT JACKSON

Quincy's new commissioner of natural resources said he has spent his first months on the job focused on increasing efficiency within the department.

David Murphy was appointed to the commissioner's post by Mayor Thomas Koch in February, after the City Council approved merging the Park and Recreation Departments into the new Department of Natural Resources.

Murphy, who turns 48 on July 20, had spent the previous decade as the town manager in Randolph. He had formerly worked for the Quincy Park Department as a program manager while Koch was the department's director. Murphy then moved to City Hall as the director of operations under then Mayor William Phelan.

Murphy had also served in recent years as the president of the non-profit Quincy Parks Conservancy.

The Department of Natural Resources is overseeing a number of projects across Quincy's 52 city-owned parks and playgrounds, 10 municipal beaches and six cemeteries. Among the projects are those included in a \$27 million bond approved by the City Council in May 2017 and a \$5.3 million community preservation bond to replace 30 playgrounds that was approved in October 2017, as well as the ongoing renovation at Kincaide Park.

Even with all that work taking place, Murphy said



DAVID MURPHY

it was important he start out his new job by ensuring the parks would be properly maintained once all the construction is complete.

"If we build it and don't maintain it, what good was building it to begin with?" Murphy said in a recent interview. "I've really gotten into the systems and processes and really kind of the wonky government side of things about how we can improve our efficiency as a department. I've spent more time there than I thought I probably would have needed, but, again, if we're not cutting the grass, if we're not maintaining trees, if we're not picking up trash,

no one cares what we're building."

"We've spent quite a bit of time putting some new systems in place down there, cutting schedules, cutting sheets, dividing the work, I think, more appropriately to make sure we can keep up with it," Murphy added. "We've got GPS in all of our vehicles now, so we know the proper routes, so the trash truck isn't going from Houghs Neck, to Squantum and Montclair and bouncing around. We also know what they're doing during the course of the day, making sure they are working efficiently, which, you know, in government for some reason seems innovative, but private industry has been using it for many, many years.

"Essentially, I find people that have success in government apply common sense. Really, that's what it comes down to. What is the best way to do things, how can we do this, what does my department need to do the best job possible to support them but hold them accountable at the same time? As simple as that sounds, I think that's been one the

biggest areas for improvement early on - spending quite a bit of time under the hood of the operational aspects of the department to figure out how we can serve the public better. Ultimately, they are the face of the department. It's not me. If we don't cut the grass at Snug Harbor School, I'm not doing my job.

"It's the real under-the-hood, brass-tacks type of work that I've got to make sure gets done and gets done well. I think our folks have responded pretty well so far, but it's going to be a day-to-day ongoing issue. It's not exciting or sexy or anything else like that, but it's a vital part of the service we provide to the public."

Some of the largest changes have been made within the forestry division, which is responsible is managing 20,000 street trees across Quincy.

"Frankly, the forestry side of our business was one where we were way behind, and we didn't communicate very well," he said. "Our systems and processes - if you were to call for a tree and say, 'I've got a tree in front of 1305 Hancock St. that needs to be trimmed,' we'd take it and say, 'OK, we'll put you on the list.'

Nobody knows what that means. OK, you're on a list. Is it going to come down? Who is going to check it? When is it going to get done?"

Improving communications with residents has been key to those changes, he added.

"Something as simple as putting in a process where we are communicating with the resident back, 'OK, the arborist was there on June 21. He said he was going to cut the two leaners that were over the house. The tree is in general good health. It's not going to be removed. You can expect the tree work to be done in this particular time,'" Murphy said.

"Common sense, again, but a huge part of the piece that was missing that was creating a lot of anxiety and the impression that we weren't doing our job."

Communication between his department and the youth leagues and school officials who use the fields is also important.

"I think the first few months have really been getting into assessing the day-to-day operations to make sure we're providing the best level of service possible. That also includes opening lines of commu-

nication with all of the groups that we serve - all of the youth groups, the high school athletic directors, the high school coaches," Murphy said.

"I've met with all of them individually - what can we do better, how can we serve you. Aligning schedules with the schedules of work that we're doing. Simple things, but I think it will go a long way. People want to know that their voices are heard"

Michelle Hanly was named the head of the recreation division the same day Murphy was appointed natural resources commissioner. Hanly had worked as the assistant recreation director under long-time department head Barry Welch, who retired from his job Feb. 1.

"Michelle Hanly is a pro," Murphy said. "She's excellent. As much as I miss Barry, he is still around doing special events and the parades. He's a great resource - institutional knowledge - to have around. But Michelle, she's excellent. The recreation side is running very well. She's got some ideas for new camps and new programming that she's bringing in."

Cont'd On Page 18

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Public Access Channel 8

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6:00pm: Bethany Congregational Church
8:00pm: Flag Day Parade, & Ceremony

Friday, July 5
12:00pm: NQHS Graduation 2019
2:00pm: QHS Graduation 2019

Saturday, July 6
12:00pm: QFD: Grill Safety
7:00pm: The Call

Sunday, July 7
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, July 8
7:00pm: Eye on Quincy (replay)
8:00pm: Flag Day Parade, & Ceremony

Tuesday, July 9
6:00am: LIVE: AM Quincy w/Joe Catalano
7:30pm: Quincy in Focus

Wednesday, July 10
6:00pm: Good News
9:30pm: Sound Advice

Government Access Channel 9

Thursday, July 4
7:00pm: State View: Rep. Tackey Chan
8:00pm: At the Kennedy Center: Red Sox Day
8:30pm: At Your Library: July Happenings

Friday, July 5
10:30am: FYI: QHD Ticks
6:00pm: Norfolk County Prevention Coalition
7:00pm: A Day at the Beach: Quincy Beaches

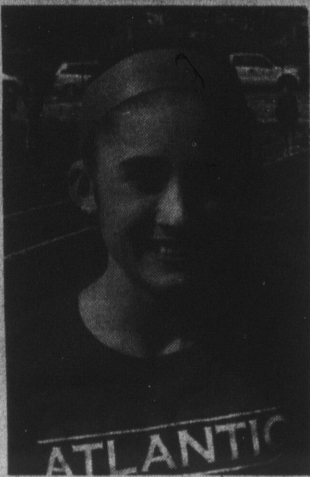
Saturday/Sunday, July 6/7
10:30am: FYI: QHD Tanning
11:00am: At Your Library: July Happenings
12:00pm: MA Joint Committee on the Judiciary

Monday, July 8
6:00pm: Crime Watch: Health & Fitness Centers
7:00pm: State View: Rep. Tackey Chan

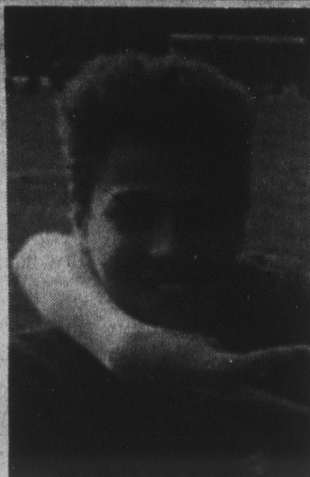
Tuesday, July 9
6:00pm: Health Links: Beachwater Safety
8:00pm: At the Library Concert: Brad Eilenberg
9:00pm: NQHS Graduation 2019

Wednesday, July 10
6:00pm: Norfolk County Prevention Coalition
9:00pm: QHS Graduation 2019

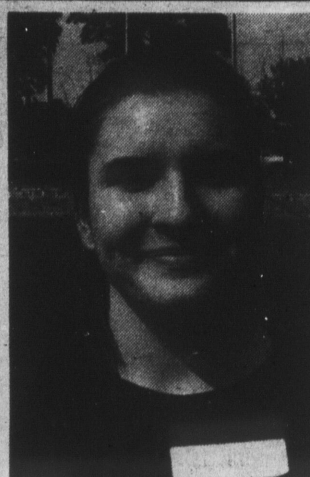
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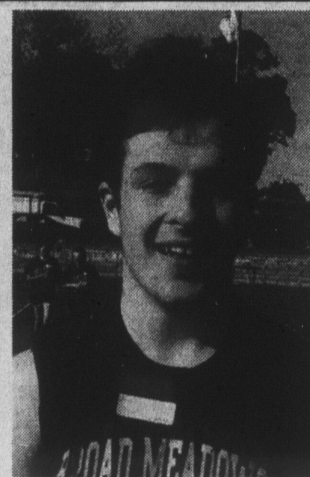
GRACE MCGILLICUDDY
Girls 50M Winner



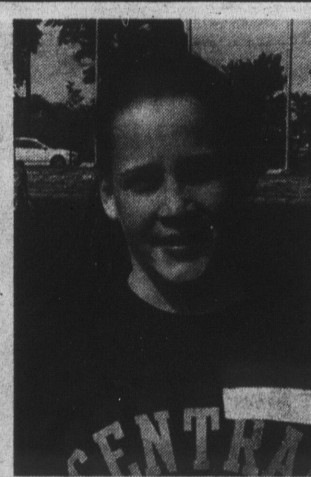
MARQUES SMITH
Boys 50M Winner



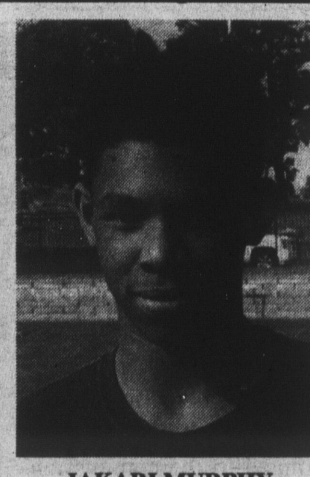
VICTORIA RAK
Girls 100M Winner



STEPHEN GALLANT
Boys 100M Winner



ORLAGH GORMLEY
Girls 200M Winner



JAKARI MURPHY
LAGRANT
Boys 200M Winner

Central Girls, Broad Meadows Boys City Track Winners

By CHRIS
PRENDIVILLE

The middle school track season was a difficult one due to Mother Nature's constant rain this spring. Two of the four meets had to be cancelled due to the weather.

The city championship day saw sun and hundreds of students getting a chance to show their abilities.

Central's girls edged out Atlantic with 65.5 pts over Atlantic's 64 with Broadmeadows coming up 3rd with 59.5 points.

In the boys action, Broad Meadows dominated with 73 points with Central coming in 2nd with 53 and Atlantic taking the bronze with 51.5 pts.

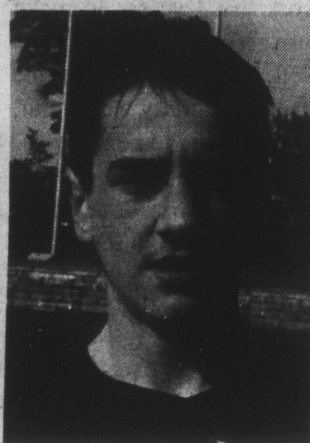
The standing broad jump and 50m races are only open to 5th and 6th graders while all other field and track events are open to all grades. Parents and teachers cheered on the runners in each race and there were smiles all around at the finish.

The athletic directors would like to thank all those who helped with each field event and those staff at the finish line making the tough calls on who crossed when as well as the all the students who helped with the results tables.

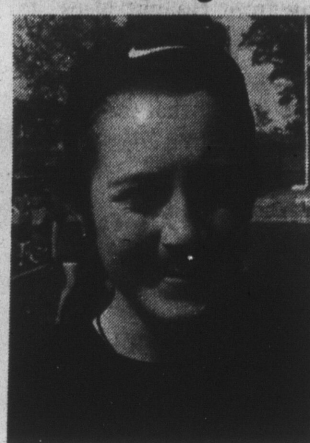
Students from Atlantic (A), Broad Meadows (B), Central (C), Point Webster (P) and Sterling (S) competed in the championships.



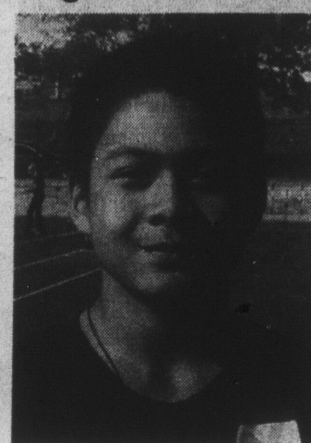
MOLLIE SMITH-GAETA
Girls 400M Winner



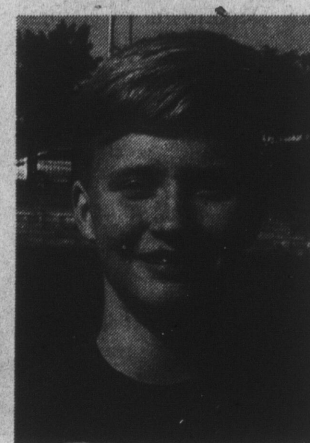
DAITHI QUINN
Boys 400M Winner



MADDIE O'HARA KELLY
Girls 800M Winner



GANILE QUINTOS
Boys 800M Winner



KAIJA PAKKALA
Girls 50M Hurdles Winner

Here are the results:

Boys Mile: Ben Dawe (C) 6:21, Tim Heise (C), Ethan Earnest (B), Kyle Clements (C), Liam Flaherty (A)

Girls Mile: Aluna Coogan-Coyne (C), 5:50, Millie Nelson (C), Abigail Coughlin (A), Mallor Rimovitz (B)

Boys 800: Ganile Quintos (B) 2:30, John Toland (B), Neil McCole (A), Tom O'Neil (C), Ian Ronan (A)

Girls 800: Maddie O'Hara Kelly (B) 2:46, Caroline Campbell (B), Taylor Kernan (A), Bridget Hoare (S), Nina Smith (C)

Boys 400: Daithi Quinn (B) 1:01, Kofi Fordjour (C), Michael White (P), Jonathan Ortiz (P), Colin McPherson (S)

Girls 400: Mollie Smith Gaeta (C) 1:09, Lilli Catrambone (C), Caroline Tracey (B), Abby Dawe (C), Ciara Folan (B)

Boys 200: Jakari Murphy Lagrant 26.17 (B), Ben Huddach (C), Kendry Duran (B), Huy Ho (C), Andrew Hodgedon (B)

Girls 200: Orlagh Gormley (C) 28.96, Izzy Kramer (B), Mairead Folan (B), Melanie Chretien (A), Brooklyn Rizzo (C)

Boys 100: Stephen Gallant (B) 12.06, Jonathan Ying (C), Aiden George (B), Vincent Chen (C), Nicholas

Cont'd On Page 14



ALUNA GOOGAN-COYNE and BEN DAWE
Mile Winners



GIRLS 4 X 1 LAP relay team winners from Central Middle School - left to right: Aluna Coogan-Coyne, Mollie Smith-Gaeta, Mollie Nelson and Orlagh Gormley.



BOYS 4 X 1 LAP relay team winners from Broad Meadows Middle School - left to right: Ganile Quintos, Ethan Earnest, John Toland and Daithi Quinn.



GIRLS 4 X 100 relay team winners from Central Middle School - left to right: Sofija Slezas, Faye Fitzpatrick, Victoria Rak and Kendall Kazmowski.

Photos Courtesy Chris Prendiville

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BOYS 4 X 100 relay team winners from Broad Meadows Middle School - left to right: Stephen Gallant, Jakari Murphy-LaGrant, Kendry Duran and Aidan Judge.



GIRLS HIGH JUMP winners - left to right: Alyssa Hopps, Desiree Masone, Millie Smith-Gaeta and Autumn O'Campos.



GIRLS SHOT PUT WINNERS Maggie Lynch (left) and Sofia Brown (right).

Middle School Track, Field Winners

More Photos
On Pages 14-15



BOYS SHOT PUT WINNERS (from left to right) Max Vantassell, Alex Rheault and Mason McDonough.



GIRLS STANDING BROAD JUMP WINNERS (from left to right) Kimy Ong, Olivia Froelich and Gabby James.

Photos Courtesy Chris Prendiville



GIRLS TURBO JAVELINE winners - left to right: Abigail Coughlin, Tiffany Le and Erica Cheung.



BOYS HIGH JUMP winners - left to right: Stephen Gallant, Zack Taylor and Anthony Vo.



BOYS TURBO JAVELIN winners - left to right: Daithi Quinn, Anthony Chiu and Anthony Holmes.

Central Girls, Broad Meadows Boys City Track Winners

Cont'd From Page 12

Pereira (S)

Girls 100: Victoria Rak (C) 13.59, Fay Fitzpatrick (C), Sofia Slezas (C), Lovina Ugwu (A), Kate Lyons (B)

Boys 50: Marques Smith (A) 6.93, Mikey Galligan (C), Paul Cole (S), Lucas Mota (A), Mikael Zerua (A)

Girls 50: Grace McGillicuddy (A) 7.17, Caitlyn Murphey (B), Meghan Troy (B), Annie Heys (A), Bridget Rohanna (P)

Boys 50 Hurdles: no competitors.

Girls 50 Hurdles: Kaija Pakkala (S) 8.76, Jocelyn Yee (A), Isabelle Wu (A), Keila Kearney (A), Kira Zlatanova (C)

Boys 4 X 400 Relay: Broadmeadows 4.14, Central, Sterling Atlantic

Girls 4 X 400 Relay: Central 4.45, Broadmeadows, Atlantic

Boys 4 X 100 Relay: Broadmeadows 49.7, Central, Sterling, Atlantic, Point

Girls 4 X 100 Relay: Central 55.9, Broadmeadows, Atlantic

FIELD EVENT

WINNERS:

Girls High Jump: Alyssa Hopps (B), 4'4", Desiree Masone (A) 4'2", Mollie Smith-Gaeta (C) 4'2", Autumn O'Campos (C) 4'2", Caroline Tracey (B) 4', Bella McKenzie (A) 4', Kathy Mo (A), 4' and Jaimie Sansouci (B) 4'

Boys High Jump: Stephen Gallant (B) 5'2", Zack Taylor (A) 5', Anthony Vo



GIRLS LONG JUMP winners (from left to right) Vicki Rak, Melanie Chretien and Taylor Kernen.

(A) 4' 10, Jason Cooper (A) 4'8 and Christian Monteiro (S) 4'8

Girls Long Jump: Vicki Rak (C) 14'5, Melanie Chretien (A) 13'10, Taylor Kernen (A) 13' 7, Jennifer Lee (A) 13'4 and Kayla Lew (A) 13'4

Boys Long Jump: Giordano McKenzie (A) 16' 7, Jakari Murphy-LaGrant (B) 16', Nicholas Tran (C) 15'4, Kendry Duran (B), 15'1, and Aiden Judge (B) 14' 8

Girls Shot Put: Maggie Lynch (B) 26'1, Ava Bryan (C) 24'9, Sofia Brown (B) 24' 8, Meghan Sweeney (B) 24'2 and Leilan Bias (A) 24'

Boys Shot Put: Max Van Tassell (B) 29'10, Alex Rheault (B) 28'8, Mason McDonough (B) 28' 6, Dylan Almeida (A), 27' 9 and Charlie Baker (A) 26'5

Girls Turbo Javelin: Abigail Coughlin (A) 77' 2, Tiffany Le (B), 56'4, Erica Cheung (A) 54' 9, A'syah

Reeder (A) 52' 3, and Jocelyn Yee (A) 51' 6

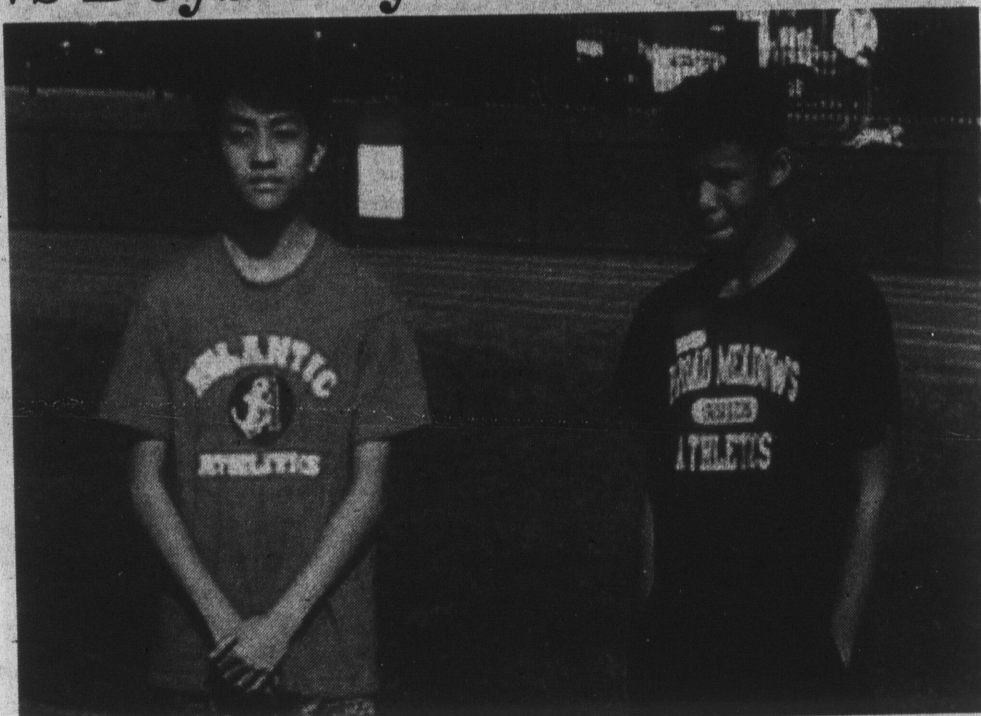
Boys Turbo Javelin: Daithi Quinn (B) 127'2, Anthony Chiu (A) 111'4, Anthony Holmes (A) 99' 8, Jeffrey Tam (A), 97'6 and Ammar Chunda (C) 88'9

Girls Standing Broad Jump: Kimy Ong (A) 6'11, Olivia Froehlich (B) 6'11, Gabby James (A) 6'3, Joyce Zheng (A) 6'2 and Maddy Case (C) 6'1

Boys Standing Broad Jump: Marques Smith (A) 7' 7, Brian Buckley (A) 7'2, Thomas Chan (A) 7'1, Mike Galligan (C) 6'11 and Ryan Duong (A) 6'10

Girls School Placement
1. Central 65.5 points
2. Atlantic 64 points
3. Broad Meadows 59.5 points

Boys School Placement
1. Broad Meadows 78 Pts
2. Central 53 Pts
3. Atlantic 51.5 Pts



BOYS LONG JUMP winners Giordano McKenzie (left) and Jakari Murphy-LaGrant (right).



BOYS STANDING BROAD JUMP winners (from left to right) Marques Smith, Brian Buckley and Thomas Chan.
Photos Courtesy Chris Prendiville



BROAD MEADOWS Middle School boys track and field team - bottom row left to right: Aldan Judge, Ethan Earnest, Elijah Marshall, Kendry Duran, Maximo DeSilveira, Oscar Castro-Fezes (student coach), Jayden Vasquez, Ganillo Quintos, Joe Lencki, Teddy Lynch, Nate Campbell, Josh Campbell, Juan Pablo Bengoa, Jakari Murphy-LaGrant. **Standing L to R:** Stephen Gallant, Coach Chella, Jack Chella (helper), Chris Santos, Steven Wright, Thomas Lebo, Mason McDonough, Sam Mulyanga, Kyle DeBoer, Alex Rheault, Gavin Regan, Graydon Louissaint, Max Vantasell, Kristi Becka, Daithi Quinn, AJ Gomes, Owen Desmond, John Toland, Miguel Gomes, Frankie Walsh, Manny Aguayo, Alp Yokus, Gavin Krystyniak, Coach Bloomer and Danny Lu.



BROAD MEADOWS Middle School girls track and field team - bottom row left to right: Kelsey Shiner, Dianne Cortes-Pena, Sophia Hurley, Isabella Picarski, Lelli Mahrouk, Madison O'Hara Kelly, Abir Loukrati, Olive Froehlich, Emily Jones, Caitlin Murphy, Mallory Rimovitz, Marissa Cakuli, Caroline Campbell, Salma Oubtrou, Shay Nolan. **Middle row (left to right):** Sophia Brown, Jaimie Sansousi, Monique Lu, Tiffany Le, Lily Rong, Kate Lyons, Emma Drinkwater, Grace Connor, Layla Belfraid, Megan Caldwell, Zoe Luggelle, Clara Folan, Madison O'Connor, Ashlinn Folan, Mia Millette, Megan Lyons. **Back row (left to right):** Coach Chella, Madison Chenette, Alexis Dussault, Asya Wright, Emma Holiday, Eva Picarski, Alanaugh Walsh, Onuchi Alamba, Megan Sweeney, Maggie Lynch, Callie Alessandro, Paige Mann, Megan Troy, Alyssa Hopps, Delainy A. Pimental, Izzy Kralmer, Mairead Folan, Della Nichol, Caroline Tracey, Katie Sterling, Ruby Levine and Coach Bloomer. More team photos on Page 15.

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More Quincy Middle School Track And Field Teams

HERE ARE more photos of the middle school track and field teams. Caption names were not provided for some of the teams. Also, photos of the Central girls and boys teams were not available for publication.



ATLANTIC MIDDLE SCHOOL sixth grade girls track and field team



ATLANTIC MIDDLE SCHOOL seventh grade girls track and field team



ATLANTIC MIDDLE SCHOOL eighth grade girls track and field team



ATLANTIC MIDDLE SCHOOL sixth grade boys track and field team



ATLANTIC MIDDLE SCHOOL seventh grade girls track and field team



ATLANTIC MIDDLE SCHOOL eighth grade boys track and field team

POINT WEBSTER Middle School track and field team: front row from left to right: Bridget Rohanna, Sarah El-Dayisty, Tedsen Pierre, Jayden Francois, Carolyn Yu, Yokeu Sam, Kathy Duong, Meadow Cooper, Sean Conover, and Owen McCarthy. Back row left to right: Nick Bina-Rodriguez, Sophia Graziano, Amira Aitsaid, Andy Chen, Larry Brown, Jonathan Ortiz, Dejan Boskovic, Michael White, Hiba Laftih, Mia Tratzinski and Beatriz Gonclaves.



STERLING MIDDLE SCHOOL track and field team: Ady Lopes, Bridget Hoare, Katrina Tran, Thy Luong, Priya Patel, Casie Burr, Lillian Nguyen, Will Le, Adamaris Troncoso, Nick Day, Sophia Terranova, Megan McCarthy, Colin McPherson, Adriana Daniels, Brandon White, Isabella Young, Brandon Hibbard, Ellis Wint, Nick Pereira, Chichi Ugah, Billy Kennedy, Aden Le, John Gnoau, Emilio Davila, Vannah Preval, Brandon Feng, Peter Cooney, Jack Le, Christian Monteiro and Paul Cole.

Marine Corps Native From Quincy Retires

*Lt. Col. Robert James Callahan
Retirement Ceremony Held
Aboard USS Constitution*

By SCOTT JACKSON

A Quincy native who spent the past 28 years in the Marine Corps – six years of active duty and 22 years as a reservist – recently retired during a ceremony held aboard the USS Constitution.

The ceremony recognizing the career of Lt. Col. Robert James Callahan, who served in Afghanistan and Iraq, and also worked as a liaison to FEMA to provide disaster relief, was

held aboard Old Ironsides on June 1.

"It was an absolute privilege to serve," Callahan, who now resides in New Hampshire, said in a recent interview. "People say 'thank you for your service' all the time, but I consider it a blessing to have had the opportunity to serve our great country."

"Wherever I went, I was proud to tell people I was from Quincy and Houghs Neck."



FATHER-SON SALUTE – Ed Callahan (right), a Navy veteran, salutes his son, Lt. Col. Robert James Callahan, at his retirement ceremony aboard the USS Constitution last month. Lt. Col. Callahan, who grew up in Houghs Neck, spent the past 28 years in the Marine Corps including six years of active duty and 22 years as a reservist. Ed Callahan was a Naval Ordnanceman First Class. Ed also gave his son Bob his first salute when he graduated from the U.S. Naval Academy in 1991.



MARINE CORPS Lt. Col. Robert James Callahan (left) and his nephew, Mike Callahan, salute at Lt. Col. Callahan's recent retirement ceremony aboard the USS Constitution. Mike Callahan is a State Police trooper and a master sergeant in the Air Force.

Photos Courtesy Susan Milone

Callahan, age 50, grew up in Houghs Neck and graduated from Boston College High School in 1987. He then attended the U.S. Naval Academy in Annapolis, from which he graduated in 1991, before joining the Marine Corps.

Callahan said he wanted to serve in the Marine Corps from a young age, because his father, Ed, a Navy veteran, held the Marines in such high esteem.

"From a young age, I was inspired by my dad who was in the Navy but had a very high opinion of the Marines," Callahan said.

Callahan's first assignment after graduating from the Naval Academy was as an artillery officer stationed in North Carolina. During that time, he also served aboard U.S. Navy ships operating in the Mediterranean Sea.

While on active duty,

Callahan also served as recruiting officer in San Francisco.

As a reservist, Callahan was first assigned to an infantry regiment based out of Cape Cod.

From 2003 to 2004, he served in Afghanistan, where he was in charge of an aviation support unit; Callahan's job was to ensure forward operating bases near the Pakistani border had proper supplies and ammunition for their helicopters.

Callahan then served in Iraq from 2004 to 2005 as a communications officer to the officer in charge of an

engineering company at a forward operating base near the Syrian border.

Upon his return home, Callahan was assigned to recruiting duty throughout New England. He then spent the past five-and-a-half years a liaison to FEMA, responsible for coordinating disaster relief efforts between local and federal officials. In 2017, Callahan was sent to Texas in the aftermath of Hurricane Harvey and then Florida in the wake of Hurricane Irma; he spent about a month away from home while providing relief to those impacted by the major hurricanes.

Callahan said he retired last month because he reached the mandatory retirement age for lieutenant colonels, who are allowed to serve for 28 years in the Marine Corps.

"I would stay on if I could," he said.

Callahan looks forward to having his weekends free but said he would miss his fellow Marines.

"I will miss the other Marines. I look forward to having my weekends off, but I will miss them," he said. "They are some really incredible people and I will miss spending time with them."

'Spectacular Canadian Maritimes' Council On Aging Trip Sept. 8-13

The Quincy Retirees Association and the Quincy Council of Aging announce

a trip to New Brunswick and Prince Edward Island.

"The Spectacular Canadian Maritimes" will be held Sept. 8-13. The excursion will feature luxury coach transportation departing from Pageant Field. Head north along the Maine coast

and journey to the Canadian Maritimes. Stops on the itinerary include Prince Edward Island National Park, Anne of Green Gables House, New Brunswick and Acadia National Park.

Cost is \$999 double/\$979 triple, \$1279 single.

For more information and to register for the six-day trip contact Jeanne Leslie at 617-698-2326 or Nancy Callanan at 617-328-9149.

Five Quincy Students On Bryant U. Dean's List

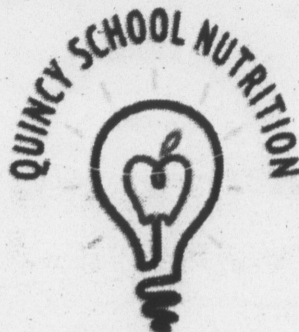
Five students from Quincy have been named to the Dean's List for the spring semester at Bryant University in Smithfield, R.I.

They are:

Thomas Chen, class of 2022; Carmen Cheung, class of 2022; Thomas Maranian, class of 2021; Kelli Gagnon, class of 2019; and Cindy Wu, class of 2019.

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5. Ward II Community Center - 16 Nevada Rd., Quincy Point

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Synthetic Turf For Kincaide Park, Other Improvements

Cont'd From Page 4

in and doing something. I just mean what are the best future uses for that space. Right now, it's a bit of an attractive nuisance."

Signage telling visitors about Ruth Gordon could be included as part of the plan. The Quincy-born actress for whom the amphitheater was named won the Academy Award for Best Supporting Actress for her role in "Rosemary's Baby" and was featured in a pair of Clint Eastwood films, including "Every Which Way but Loose."

"It's very easy having lived here my whole life to take things for granted. I know who Ruth Gordon was, but there is a whole new generation of people in these parks who would have no idea," Murphy said. "They never saw 'Every Which Way but Loose' or any of those other movies."

At 57 acres, Faxon Park is the second largest park in the city. Its amenities include two baseball fields and a softball field. Those fields are little used, Murphy said, given the decline in baseball permits the city has issued over the past decade, and two of them could be removed in favor of a new picnic area.

"For years, Faxon Park was a very popular picnic destination," he said. "There were some great events up at Faxon Park back in the day, and that has really waned. The picnic pavilion up there is not in a good location. It's isolated. The dog walkers use it up there - it's more used for that than anything else - and then the night softball will park up there."

"The mayor has asked our team to take a look at a potential way to bring back Faxon as a picnic destination. There were two Little League fields that were built closer to the road - there are three fields in total, the men's softball field and the two Little League diamonds. With the decline in baseball - the baseball permit numbers are way, way, way down over the course of the last 10, 15 years - some of these fields are seldom, if ever, in use."

"The mayor is taking a look at maybe keeping one of those fields and taking a look at other uses in that area."

Faxon Park, Murphy added, is unique among the city's parks because of its isolated feel.

"It is a unique place. You feel like you're in the woods at Faxon, which you don't



A \$27 MILLION BOND includes \$2.4 million for the design and permitting of improvements to Merrymount Park, which is the city's largest park at 80 acres. Quincy Natural Resources Commissioner David Murphy, standing near the fountain at upper Merrymount Park, said Mayor Thomas Koch wants to tie together the various facilities within Merrymount Park, including Adams Field, Veterans' Memorial Stadium and Pageant Field.

Quincy Sun Photo/Robert Bosworth

get even at Merrymount Park. Those facilities are adjacent to the woods, but you don't feel like you're in an isolated area like you would be at summer camp or up in New Hampshire or something like that," Murphy said.

"Faxon still has a lot of those elements in the right

places that if you had a nice picnic pavilion with maybe a restroom building you could restore some of that and take the pressure off of Pageant. Pageant is rented every Saturday and Sunday from May through late September."

The \$27 million park bond also set aside \$500,000

for the construction of a new dog park, the first of its kind in the city, on Quarry Street next to Avalon Quincy. That project has recently gone out to bid.

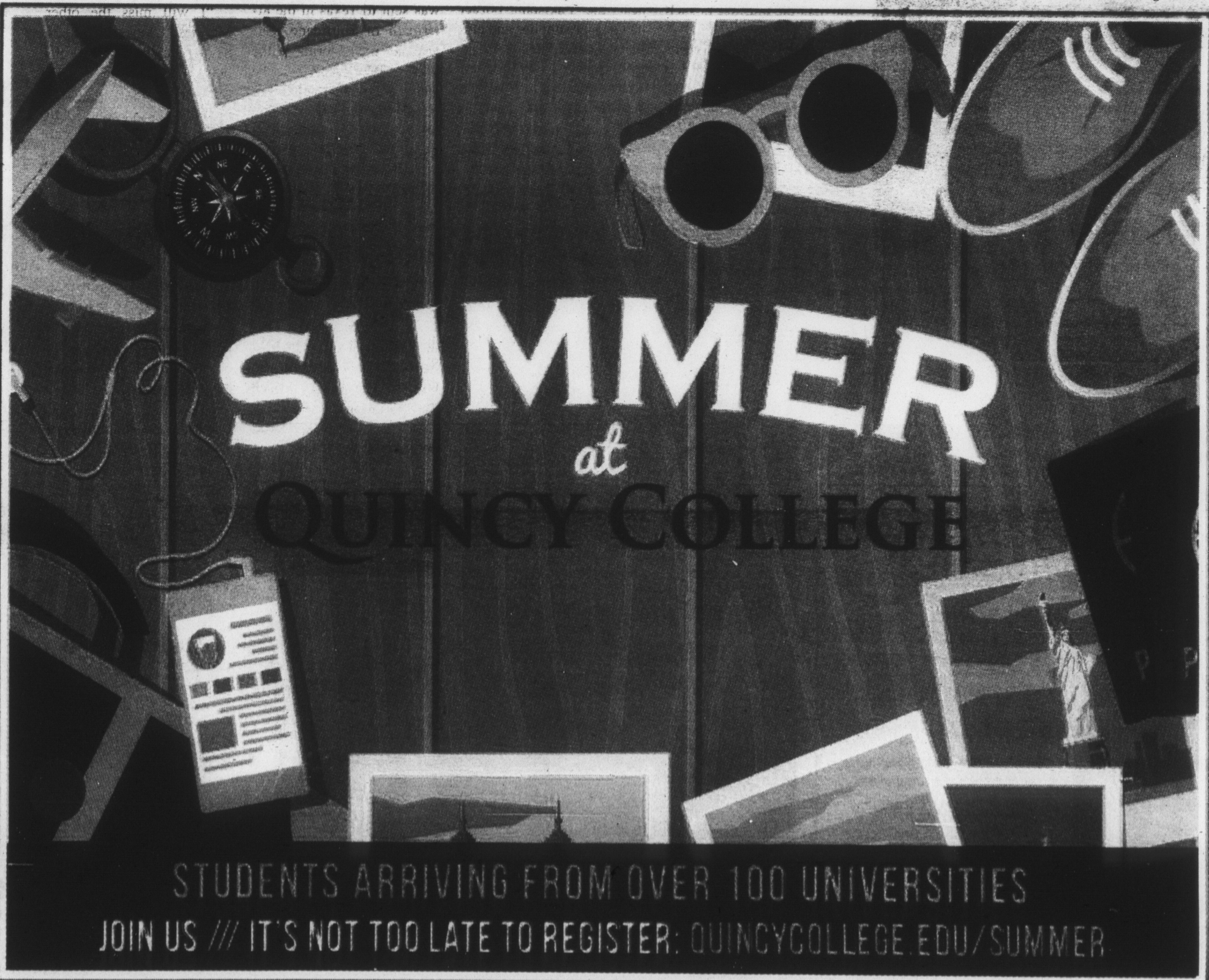
"We've done all the site work. As you can imagine, that particular property required a substantial amount of work on the site to make

sure we could actually build a park in there. That's been done," Murphy said.

"The park is now out to bid. We're going to be opening the bids in a couple of weeks and then we'll find out what the time frame is going to be."

A temporary access road

Cont'd On Page 21



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Natural Resources Commissioner Focused On Efficiency

Cont'd From Page 11

Murphy said the recreation division is expanding programming for middle schoolers this summer.

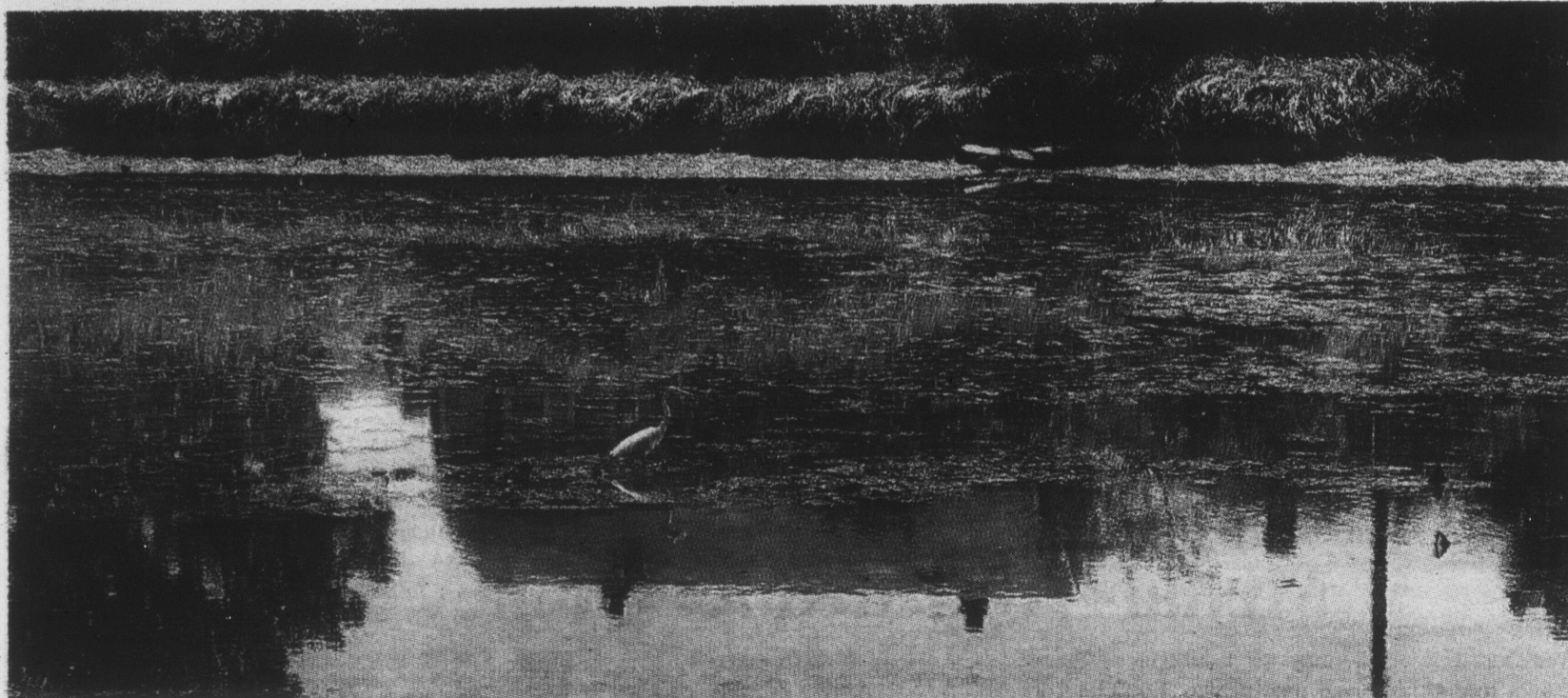
"The mayor has been very supportive about doing more programming in that middle school age group. The Prevention First Fridays that they ran at Central, we're expanding the program with the mayor's support to a summer-long program because for a kid in the summer every night is Friday night," Murphy said.

"We're expanding that program dramatically to make sure that that vulnerable population — middle school, right when they start to make choices about what they are going to do at night — that there are positive activities available to students in the neighborhood. That has been a big addition on the rec. side."

The City Council approved the hiring of a new environmental scientist as part the new municipal budget. The mayor, Murphy said, sought the environmental scientist to assess key conservation areas like Blacks Creek and Sailors Pond.

"What he's after there is actually really assessing the quality and condition of Sailors Pond, Butlers Pond, Blacks Creek and Furnace Brook and Wollaston Beach," Murphy said. "I think the budget appropriation for the environmental scientist, which we hope to have onboard sometime in July or August, is really going to have a full-time person looking at the health of our natural resources to figure out how can we do better."

"I think from time to time there is interest in Butlers Pond based on an active community group down there, but there has been kind of an ebb and flow to it instead of a consistent effort to make sure that these really cool neighborhood envi-



AN EGRET wades in Blacks Creek on a recent summer afternoon. The city will be hiring an environmental scientist to assess key conservation areas including Blacks Creek and Sailors Pond. "I think the budget appropriation for the environmental scientist, which we hope to have onboard sometime in July or August, is really going to have a full-time person looking at the health of our natural resources to figure out how can we do better," said Quincy Natural Resources Commissioner David Murphy.

Quincy Sun Photo/Robert Bosworth

ronmental assets are maintained to the proper level."

Koch also wants to see how those environmental assets can be leveraged to protect neighborhoods from the effects of climate change, Murphy said.

"As we deal with the changing climate and some additional storms and more severe storms, how do we leverage some of those assets to protect some of the quality of life in some of those neighborhoods too," Murphy said.

"That was one of the most interesting parts of this job when he pitched it...I said that's pretty unique. I don't know that making sure we cut the grass better...was really kind of the drive to get me back here."

"When we talked about having a different view on what this job can do, that interested me. That's protecting the city. It's talking about thinking differently about the next 50 years, 100 years, and how we leverage some of those assets. The DPW and Engineering, there are multiple departments involved in it. It's not going to be me sitting in a basement somewhere fig-

uring out how to save the world, but it is exciting and interesting."

One initiative Murphy said he would make a push for is the installation of recycling barrels at city parks.

"One of the areas that we need to take a close look at is how we roll-out a recycling program in our parks. We have trash barrels in there, but there are only a few that actually have recycling barrels," he said.

"When you're in the parks, you'll see people with Gatorade bottles and water bottles. It's almost exclusively plastic bottles. I do think we can do a better job in leading by example on recycling by putting some strategic recycling opportunities in the parks that don't exist now. I think that's

some low-hanging fruit."

Murphy said he supports a proposed ordinance — introduced by Koch and Ward 4 Brian Palmucci — that would ban retailers from using single-use plastic bags.

"I do think it makes sense," Murphy said. "If you take a look at that issue from a variety of viewpoints, other than the convenience of walking out of the store, there isn't a lot of value to it. If you talk about the long-term environmental impact, getting into the brooks and the streams and the creeks and the oceans and everything else like that, it's a pain in the neck. If you talk to the folks working in the recycling plants and what it's doing to our trash costs, because people think that because it is plas-

tic it is recyclable, and they put it in with their recycling and it shuts the plants down six times a day.

"These plastic bags are a real nuisance and they are bad long term for the environment. I know they offer some convenience value and I can certainly appreciate that, but I do think from a long-term standpoint it is something we should be looking at."

"I can't tell you how much time we spend pulling them out of trees," Murphy added. "You'll see these all around the city. They are a nuisance."

Murphy's name has been mentioned in political circles as a possible candidate to run for mayor in 2023, but he dismissed the idea of running for office.

"I prefer government to politics. I really don't want to be seen that way. I don't need a councillor who wants to be mayor saying, 'he's a potential threat' and then messing with me for no reason. I don't want my boss thinking I'm waiting for his demise so I can take his job. It's really a losing issue for me all around and ironically one that I'm not interested in," Murphy said.

"If this were really in my heart...that would be one thing, but it would take a significant change of heart."

"I would never do it out of interest, only obligation, but again, I'm far more interested in government than in politics," Murphy added. "Even being town manager. I didn't run for office. I was appointed by the council."



FIREWORKS ACCENT the raising of a 50-foot by 86-foot American flag at the recent Flag Day celebration at Pageant Field. Cranes from AlleyCat Crane Service, owned by Alie Shaughnessy of Quincy, raised the flag which made its debut at the dedication of the Hancock-Adams Common in September, 2018. The flag is now known as the Hancock-Adams Common flag.

Quincy Sun Photo/Robert Bosworth

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KATHY EGITTO, left, and Marsha Kodis move in to return a shot during the recent Quincy Senior Olympics pickleball tournament. Quincy Sun photos/Tom Gorman



RUTH CAMERON returns a shot during the Quincy Senior Olympics pickleball tournament. Ruth and teammate Marybeth Imbruglia won gold medals in the event.

Medals Awarded At Quincy Senior Olympics

The following competitors recently received medals during the annual Quincy Senior Olympics.

Men's Basketball

Gold: Bobby Nevins, Gulistan Malik, George Mallett, William Bonzagni, Peter Andrew, Bill Eaton.

Women's Basketball

Gold: Carol Hatfield, Irene Sou, Marilyn Riley, Barbara Gilliland, Joan Harvey, Roz McCann, Loraine Sumner, Mary Nevins.

Silver: Jean Moore, Shirley Pearson, Marie Doherty.

Men's Bocce

Gold: Ed McLaughlin, Richard Ganem, Richard Tatreau, Arthur Erickson.

Silver: J.C. Borneo, Johnnie Gangemie, Peter Andrew, Paul Manning.

Bronze: Bruce DiBella, Will Smith, Don Duggan, Herb Cameron.

Women's Bocce

Gold: Karen Young, Irene Sou, Carol Hallett, Barbara Smith.

Silver: Marylou Weaver, Roz McCann, Ginny Jankowski, Gen Bertoni.

Bronze: Joan Harvey, Rita Pecce, Barbara Coleman, Terri Dempsey, Marie Scapicchio.

Men's Bowling

Gold: Bobby Nevins, Will Smith, Ed Petcavage, Paul Schofield, Ben Fehan, William Bonzagni, Herb Cameron, Ted Coburn.

Silver: David Haughey.

Bronze: Paul Desmond.

Women's Bowling

Gold: Helen LaRose, Jane Bartholomew, Dianne Leason, Patricia Burgess, Shirley Pearson, Barbara Smith.

Silver: Ann Adams, Kathy Cullen, Marge Sullivan, Helen Louise Baynes, Carol Hallett.

Bronze: Linda Nolan, Betsy Cibotti, Marie Dougherty.

Men's Cornhole

Gold: Ed Petcavage, Doug Deegan.

Silver: Peter Andrew, Richard Ganem.

Bronze: Chuck Bohlken, Don Duggan.

Women's Cornhole

Gold: Marie Doherty, Marilyn Riley.

Silver: Maureen Conway, Lorraine Rooney.

Bronze: Jean Every, Shirley Pearson.

Co-Ed Cornhole

Gold: Patty Burgess, Ken Burgess, Chuck Bohlken.

Silver: Michelle Bowes, Bob Chaufornier.

Men's Darts

Gold: Doug Deegan.

Silver: Gulistan Malik.

Bronze: Fred Barta.

Women's Darts

Gold: Linda Murphy, Janet Powers.

Silver: Terri Schofield, Lily Todd.

Bronze: Carolyn Leuchte, Marilyn Riley.

Men's Discus

Gold: George Mallett, William Bonzagni, Don Allison, Peter Hogan, Tom Lubonja, Herb Cameron, Mickey Wiernasz.

Silver: Ed Petcavage.

Bronze: Peter Avitabile.

Women's Discus

Gold: Barbara Gilliland, Shirley Pearson, Mary Nevins, Linda Nolan, Carolyn Leuchte.

Silver: Ginny Jankowski, Marie Doherty.

Bronze: Beth Jacobsen.

Men's Eight-Ball

Gold: Richard Ganem.

Silver: Bill Eaton.

Bronze: Joe Leason.

Women's Eight-Ball

Gold: Marge Sullivan.

Silver: Yvonne Tang.

Bronze: Linda Nolan.

Men's Golf

Gold: Doug Deegan, Robert Stachowski, Peter Andrew.

Women's Golf

Gold: Marylou Weaver, Betsey Cibotti, Karen Young, Kathleen Brodie.

Silver: Peter Andrew.

Bronze: Ed Petcavage.

Women's Horseshoes

Gold: Carol Hatfield, Irene Sou, Nana Anderlionis, Ginny Jankowski, Marilyn Riley, Lorraine Rooney, Barbara Gilliland.

Silver: Jean Moore, Lily Todd, Shirley Pearson.

Bronze: Meg Doherty.

Men's Javelin

Gold: George Mallett, William Bonzagni, Ed Petcavage, Don Allison, Peter Hogan, Tom Lubonja, Herb Cameron.

Silver: Peter Avitabile.

Women's Javelin

Gold: Ginny Jankowski, Marilyn Riley, Barbara Gilliland, Mary Nevins, Linda Nolan, Helen Larose, Charline Tinkham.

Silver: Irene Sou, Nana Anderlionis, Maryann McMahon, Betsy Cibotti.

Bronze: Loraine Sumner.

Men's Long Jump

Gold: Gulistan Malik, George Mallett, William Bonzagni, Don Allison, Tom Lubonja, Herb Cameron, Paul Showstead.

Silver: Ed Petcavage.

Women's Long Jump

Gold: Meg Doherty, Carolyn Leuchte, Yvonne Tang, Genevieve Bertoni.

Silver: Ginny Jankowski, Jean Moore, Loraine Sumner.

Bronze: Marie Doherty.

Men's Pickleball

Gold: Paul Petrone, Richard Greene.

Silver: Anthony Plizga, Robert Killgoar.

Bronze: Will Smith, Dan Dunn.

Women's Pickleball

Gold: Marybeth Imbruglia, Ruth Cameron.

Silver: Nancy Burke, Marty Lavelly.

Bronze: Janice Walsh, Eileen Braudis.

Men's Shot Put

Gold: George Mallett, William Bonzagni, Don Allison, Peter Hogan, Tom Lubonja, Herb Cameron, Mickey Wiernasz, Ted Coburn.

Silver: Ed Petcavage.

Women's Shot Put

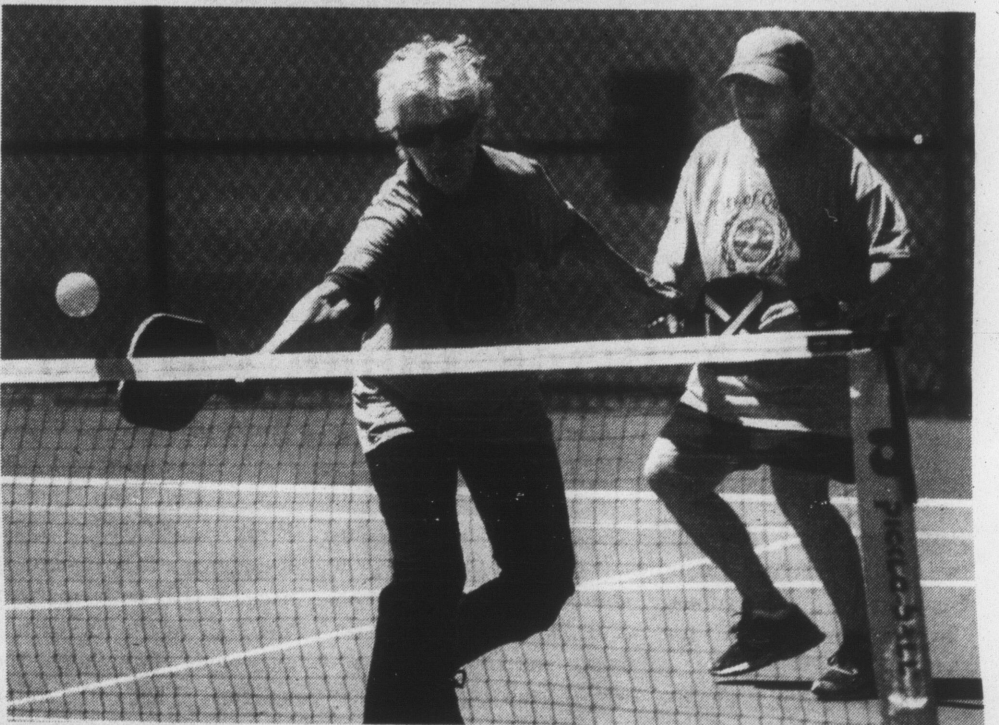
Gold: Barbara Gilliland, Roz McCann, Loraine Sumner, Mary Nevins, Linda Nolan, Helen LaRose, Carolyn Leuchte.

Silver: Irene Sou, Marilyn Riley, Marge Sullivan.

Bronze: Yvonne Tang, Maryann McMahon.

Men's Softball

Gold: Bobby Nevins, George Mallett, William Bonzagni, Peter Hogan,



MARTY LAVELLY races to the net to return a shot as her partner, Nancy Burke moves in. The pair won silver medals in the Quincy Senior Olympics pickleball tournament.

Tom Lubonja, Herb Cameron, Peter Avitabile.

Silver: Ed Petcavage.

Women's Softball

Gold: Irene Sou, Nana Anderlionis, Ginny Jankowski, Barbara Gilliland, Loraine Sumner, Helen LaRose, Ginny Lindsay.

Silver: Marilyn Riley, Betsy Cibotti.

Bronze: Meg Doherty.

Volleyball

Gold: Charles Taylor, Eddie Spring, Fred Barta, Irene Sou, J.C. Borneo, James Lynch, Joan Kierman, Kristen Johnson, Mary Fuller, Meg Doherty, Phil Borneo, Romeo Malimban, Yvonne Tang.

Men's One-Mile Run

Gold: Don Allison, Peter Hogan, Paul Desmond.

Men's Half-Mile Walk

Gold: Don Allison, Peter Hogan, Ed Petcavage, George Mallett, William Bonzagni, Herb Cameron.

Silver: Paul Desmond.

Men's One-Mile Walk

Gold: Ed Petcavage, George Mallett, William Bonzagni, Herb Cameron, Paul Desmond, Bobby Nevins, Ted Coburn.

Men's Three-Mile Walk

Gold: Don Allison, Peter Hogan, George Mallett.

Women's One-Mile Run

Gold: Patricia DelVal, Charlotte Cuneo.

Women's Half-Mile Walk

Gold: Patricia DelVal, Leah Mitiguy, Ginny Lind-



KAREN O'CONNELL makes a backhand return in the Senior Olympics pickleball tournament.

say, Charlotte Cuneo, Barbara Gilliland, Betsy Cibotti.

Silver: Yvonne Tang, Barbara Coleman.

Bronze: Loraine Sumner.

Women's One-Mile Walk

Gold: Patricia Smith, Linda Murphy, Carolyn Leuchte, Patricia DelVal, Judy Hurley, Leah Mitiguy, Ginny Lindsay.

Silver: Loraine Sumner.

Women's 3-Mile Walk

Gold: Patricia Smith, Patricia DelVal, Barbara Gilliland, Roberta Allison, Kathleen Brodie.

Silver: Leah Mitiguy, Betsy Cibotti, Ginny Jankowski.

Men's 50-Yard Freestyle

Gold: Peter Andrew.

Men's 50-Yard Breaststroke

Gold: Peter Andrew.

Men's 50-Yard Backstroke

Gold: Peter Andrew.

Men's 100-Yard Freestyle

Gold: Peter Hogan.

Men's 500-Yard Freestyle

Gold: Peter Andrew.

Women's 50-Yard Freestyle

Gold: Kathy McCluskey, Judith Hurley.

Women's 50-Yard Breaststroke

Gold: Judith Hurley.

Women's 50-Yard Backstroke

Gold: Carolyn Leuchte.



SMITH & BRINK baseball team recently won the Quincy Youth Baseball Junior Farm 8 Championship. Front row from left to right: Maxwell Linkiewicz, Diego Suarez, Max McGillicuddy, Robert Glennon, Gavin Kirk and Colton Linkiewicz; middle row: Nolan Ayer, Aidan Mattie, Ronan O'Connor, Mason Ayer, Michael Ruggiero and Evan McElhiney. Back row: Assistant Coaches Phil McGillicuddy, Mark Linkiewicz and Kris Ayer and Coach Michael Ruggiero. Photo Courtesy Sean Glennon

Smith & Brink Junior Farm 8 Champions

With an epic, game-winning catch fielded by Max McGillicuddy, Smith & Brink took home the Quincy Youth Baseball Junior Farm 8-Year-Old Divisional Championship trophy for 2019.

The best-of-three championship series came down

to the tie-breaking game after Egans Sunoco took game one and Smith & Brink took game two. The two teams advanced to the championship series after (#2) Smith & Brink bested (#3) Kip Orlando; and (#4) Egans Sunoco bested (#1) Balducci

during the playoffs.

"It was awesome for the kids to win," said Smith & Brink Head Coach Michael Ruggiero. "They were so excited! I'm so happy with how hard they worked and improved throughout the season. That's the most

important thing at this age. There are so many different things to learn in baseball."

Ruggiero credits assistant coaches Mark Linkiewicz, Kris Ayer, and Phil McGillicuddy for their tremendous dedication and support to the whole team.

O'Connell-Thomson Basketball Tournament July 13-14

The 14th annual O'Connell-Thomson Basketball Tournament will be held on July 13-14 at the Fenno Street courts.

The event is held in memory of John O'Connell and Dennis Thomson, two standout athletes who grad-

uated from North Quincy High in 2002 and tragically had their lives cut short in the past 15 years.

Their families have set up memorial scholarships in their names to benefit North Quincy graduates and the

tournament serves to raise funds for these scholarships.

The weekend will feature a 16-team men's tournament and a four-team women's tournament, featuring a number of local college basketball players, as well

as many former and current high school players from Quincy. Games begin at 10 a.m. on Saturday and Sunday and will run throughout both days. There will be raffle prizes and concessions for spectators.

Quincy Catholic Collaborative Carnival July 11-14

The Quincy Catholic Collaborative of St. Mary, Sacred Heart and St. Ann will host a carnival Thursday, July 11 through Sunday, July 14 on the grounds of St. Mary Church, West Quincy.

Hours of operation are Thursday, July 11 from 5 to 10 p.m.; Friday, July 12

from 5 to 10 p.m.; Saturday, July 13 from 2 to 10 p.m. and Sunday, July 14 from 2 to 9 p.m.

The four-day event builds on the success of the collaborative's previous carnivals, and includes rides, food, games, baked goods, and a clown. While admission to the carnival is free,

there are charges for rides and food, which are provided by Fiesta Shows, the carnival operator.

A raffle will be held in conjunction with the carnival. The prize is \$500 in lottery scratch tickets. Raffle tickets are \$5 each, or 3 for \$10.

A baked goods table

returns again this year, offering a variety of cookies, cakes, pies and other treats which will be available for purchase.

Representatives from the collaborative will be available to explain the various faith information and social programs and volunteer opportunities available in each parish.

'Saturdays In The Park' Outdoor Summer Series

The Wollaston Hill Neighborhood Association (WHNA) is hosting "Saturdays in the Park," an outdoor summer series featuring a craft beer garden, food, live music, family fun, and wellness.

This event series runs through Aug. 3rd. All activities will take place between noon and 6 p.m. at Safford Park, 166 Beale St.

Visit WHNA's website for each week's schedule at www.wollastonhill.com. The WHNA recommends public transportation; MBTA 211 bus stops at Safford Park.

Each week at noon Saturdays in the Park will feature a free wellness program from local fitness and wellness professionals Maverick Wellness, Fitness Unlimited, Kara Bligh, Commit 2B Fit Studio, and Pamela Araujo. The programs will welcome both new and experienced participants.

The Tapped Beer Truck will be available all afternoon.

Live music begins at 3 p.m. each week, with free performances from The Gypsy Moths, Natalie Joly, Idle Rumors, John Mueth,

and The Fall.

Food will also be available for purchase throughout the day.

Corn hole games will be set up for a friendly competition among attendees. The event series will even feature the Quincy's first-ever "All-Neighborhood Cornhole Tournament," where teams representing neighborhoods from across the city will compete for a trophy and bragging rights.

This weekend's line-up features: Yoga in the Park by Maverick Wellness; food from the Quincy BBQ

Guys; a plant-swap, where neighbors can share non-potted plants and cuttings from their gardens; and music from local favorites, The Gypsy Moths, who will bring their "garage saloon soul" rock-and-roll party to Safford Park. The band recently performed their most high-profile gig to date on a flatbed float in the 2019 St. Patrick's Day Parade in South Boston, playing to over 1,000,000 attendees.

For more information, contact info@wollastonhill.com or visit www.wollastonhill.com.

Morrisette Battles Back Against Dedham, 10-9

By TREVOR WENNERS

Do not judge a book by its cover.

The Quincy Post 294 baseball team was a strong advocate of that philosophy on June 28, as Morrisette overcame a 4-0 first-inning hole and came back from a 7-5 deficit in the fourth during a thrilling 10-9 triumph over host Dedham Post 18 in American Legion District 6 action.

Morrisette (7-0) finished with nine hits and made two errors, as Matthew Joyce went 2 for 3 with a double, single and a walk, along with two runs and an RBI, in the leadoff spot.

Owen Carberry earned the save on the mound, making a highlight-reel play on a two-out ground ball in the seventh by Chris Ducko (3 for 5, double, two singles, two runs) with a runner on second. Ducko hit a slow roller in between Carberry and the second baseman, but Carberry sprinted, turned, and barely gunned out the speedy Ducko at first to seal the one-run win.

"The sign of a good team is that you are down 4-0, but you hit and get back," said Morrisette coach Steve Maze. "Now, it is 4-2 and everyone says alright we are in this game. Then, we get a shutout inning from our starting pitcher Brandon Sullivan. Then, it is 4-3, 4-4, and then we go up 5-4. It just snow balls and it rolls and rolls. When Dedham came back and took the lead again, our mentality is not that we are in trouble, but we were just down four runs so what are one or two."

Post 18 (4-5) recorded 11 hits and four errors, as it was led by James Devonick (3 for 4, two singles, double, three RBIs, two runs), while Dagen Darnell went 2 for 2 with two singles and an RBI in a pinch-hitting role.

Morrisette's trio of pitchers in Sullivan, Devin Desmond and Carberry finished with a combined 11 strikeouts, as each team drew four walks at the plate.

Trailing, 7-5, in the fourth, Morrisette loaded

the bases with no outs, as a result of a fielding error and two bunts. An RBI single through the right side by Matthew Joyce cut the deficit down to 7-6, and then during the ensuing at-bat, Martin McCormack drilled a one-run single to left, evening the score. With the bases still loaded, John MacDonald picked up an RBI on a fielder's choice, scoring Zachary Hatfield. Matthew Joyce also crossed home on the play due to a throwing error, giving the squad a 9-7 lead.

The hosts cut the deficit down to 9-8 with two outs in the fourth, as Ducko scored an unearned run on a fielding error. In the fifth, Dedham knotted the game at 9-9 on an RBI single down the right-field line by Darnell.

In the top of the seventh, Morrisette went in front for good. William McCarthy led off with a clutch double down the right-field line. Three batters later, Carberry tallied the game-winning, RBI single, which took a bizarre hop over the short-stop's glove, giving Post 294 a 10-9 cushion.

A one-out, two-run single by Devonick keyed a four-run, first-inning effort for Dedham.

John Lynch answered for Morrisette with a two-out, two-run single in the second, cutting the deficit down to 4-2. In the third, Post 294 took its first lead, as an RBI ground out to short by McCarthy scored Matthew Joyce, and then MacDonald and John Joyce scored on a pair of throwing errors, giving the squad a 5-4 lead.

"It was a great win," said Maze. "Dedham plays us tough all the time, and it is always a one-run or two-run game where we are trying to find our way in the end."

Morrisette visited Canton Tuesday (5:45 p.m. game), visits Holbrook Sunday at 5:45 p.m. at Holbrook High School and hosts Hyde Park next Monday, July 8 at 7:30 p.m. at Adams Field. Morrisette will also host Braintree next Tuesday, July 9 at 7:30 p.m. at Adams Field.

NQHS Girls Basketball

Bottle, Can Drive Saturday

The North Quincy High School Girls Basketball Team will hold its annual bottle and can drive at North Quincy High School on Saturday, July 6 from 9 a.m. to 2 p.m.

Bring your clean bottles and cans to North to be recycled for the team.

David Donahue Graduates Wentworth Institute Of Technology

David Donahue of Wollaston recently graduated

from Wentworth Institute of Technology in Boston.

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Synthetic Turf For Kincaide Park, Other Improvements

Cont'd From Page 17

was built to connect Quarry Street to the area of the new dog park for access during sitework and construction. Murphy said the city is now designing the permanent road that will serve the dog park. The new road will be designed in concert with the city's traffic engineer to ensure it is correctly graded and has appropriate site lines where it meets Quarry Street.

"I think people are upset about the road they see there and it's not the finished product," Murphy said.

The dog park will include three different fields –

a larger one and two smaller ones for smaller or older dogs – where canines can frolic freely off leash. Amenities will include shade shelters and water stations.

"The dog park is actually up on the hill, so you've got some nice views up there. It's a cool site with all the old quarries and things like that," Murphy said.

The town of Randolph opened a dog park during Murphy's tenure there, and he said it proved popular among the community's residents.

"We did a dog park years ago in Randolph and the reception that we got was

unlike anything we've ever done," he said. "We verified people's existence by building a dog park. There is a very, very strong interest in these types of facilities."

The city is running out of space for burials at Pine Hill Cemetery, Murphy said; lots are currently only sold on an as-needed basis for deceased individuals and cannot be pre-purchased. The city, he said, has been looking to expand the cemetery since the 1990s when Koch was park director.

The City Council on June 17 approved a conservation restriction for new land that could be incorporated into

the cemetery. Murphy said the conservation restriction is key to receiving state approval to expand the burial ground.

"There have been many years of environmental studies to try to develop a way forward for the city to expand cemetery space. We are out of pre-need cemetery. Basically, if you have a loved one that is deceased, you may have a few spots left – there aren't many – so there is a sense of urgency to get this up and running," Murphy said.

"The council pulled out the other night the conservation restriction that the state

required...by putting a conservation restriction on the property, it allows the city to get the permits required by the state to develop a portion of the remaining land that the city owns."

"Our goal would be to go in and do design plans for what's needed," Murphy added. "At some point I believe [the mayor] wants to go in and get an appropriation for the layout and construction of the cemetery, which would then all be fed back by the sale of the lots. I don't think it's a significant layout of money. It's the mechanism – how he wants to fund it – that's really un-

resolved."

The city, Murphy said, is not at the point where it needs to consider creating a new cemetery elsewhere, provided the expansion of Pine Hill is approved.

"We're in the process right now of updating our open space plan, so we're looking at all of these parcels for protection. There aren't other parcels I'm aware of that have been discussed for protection and development of a cemetery," he said.

"I think we have a number of acres at Pine Hill that will keep us busy for another 30 years or so if we get it built."

O'Donnell Announces 1,000th Consumer Notification Service Subscriber

Register of Deeds William O'Donnell announces the Norfolk County Registry of Deeds had recently signed up the 1,000th subscriber to its Consumer Notification Service.

The service, free to county homeowners, is offered by the Registry of Deeds to protect Norfolk County property owners against property fraud.

"Many jurisdictions across the country have reported unscrupulous individuals recording fraudulent land documents making it appear they own another person's home or property," O'Donnell said. "The Federal Bureau of Investigation, (F.B.I.) has made note of this development and assigned resources to combat property deed/mortgage fraud. Fortunately, we have not seen this type of crime take place in Norfolk County."

"By offering the Consumer Notification Service, our intent is not to alarm county property owners but to make sure my office is out front vigorously protecting consumers."

Any owner of real property in the 28 communities comprising Norfolk County can join the more than 1,000 homeowners already utilizing the service by signing up for the Consumer Notification Service free of charge by doing the following: Go to the Registry's website www.norfolkdeeds.org and

click on the Consumer Notification Service Get Consumer "Alerts" button to complete the initial registration. From there, follow the remaining sign-up instructions.

Once you have signed up for the service, each subscriber will be able to input two names, individual or business, and the corresponding city or town in Norfolk County for monitoring. They can monitor their real estate records for such activities as changes in deeds, mortgages, mortgage discharges, non-mortgage liens, Homesteads or other land documents that might be recorded against the property.

"The process to sign-up for the service is easy to follow and will only take a few minutes. This free program will not prevent the fraud, but it will allow residents to find out about it in a more timely manner," O'Donnell said.

If a document is recorded against one of the names inputted for monitoring, the subscriber will be alerted via email, usually within 24 hours. The person can check the Registry's online land research records at www.norfolkresearch.org as an option. If a subscriber believes a fraudulent land record has been recorded against their property, they should then immediately contact the Norfolk County Registry of Deeds Customer

Service Center at (781) 461-6101. After talking with a Registry employee, the subscriber will be given a list of public safety referrals by the Registry.

"I am truly gratified that over 1,000 Norfolk Coun-

ty property owners have signed up for the Registry's Consumer Notification Service," O'Donnell said. "This service provides a level of protection to the program's subscribers against dishonest individuals who would

attempt to commit real estate or land document fraud. The biggest asset most of us have is our home so take steps to protect that asset."

The Norfolk County Registry of Deeds is located

at 649 High St. in Dedham.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

July 19 Deadline To Submit Nomination Papers

By SCOTT JACKSON

Residents seeking to run for office in this fall's municipal election have less than a month to return completed nomination papers.

The deadline to submit completed nomination papers to the Board of Registrars of Voters is July 19 at 5 p.m. Certified nomination papers, including a statement of candidacy, then need to be filed with the City Clerk's Office by 5 p.m. on Aug. 6.

Each candidate for municipal office must obtain the signatures of 50 residents registered to vote in the city. Candidates seeking one of the six ward councillor seats need to gather those signatures from voters who reside within their ward.

Twenty-three residents have taken out nomination papers since they became available in May, setting up

potential contests for mayor, School Committee and five seats on the City Council.

Two residents have taken out papers to run for mayor. They are incumbent Thomas Koch of 249 Newbury Ave. and Brenda Ryan of 14 Cranich St.

Three of the six seats on the School Committee are up for grabs this fall. Two incumbent members, Paul Bregoli of 80 Willow Ave. and Kathryn Hubley of 44 Marion St., have pulled papers for re-election. They are joined by two other candidates, Courtney Perdios of 86 Ruggles St. and Frank Santoro of 14 Lois Ter., a former member of the committee.

Five residents have taken out papers to run for the three at-large seats on the City Council. They include all three incumbents – Noel DiBona, 70 Chickatabot Rd., Nina Liang, 2 Williams

St., and Anne Mahoney, 12 Ferriter St. – and challengers William Burke, 28 Rice Rd., and Frank Rubino, 5 Whiton Ave.

Three residents have pulled papers to run for the Ward 1 seat on the City Council. They are incumbent David McCarthy of 48 Whitney Rd., Danielle Kempe of 1 Adams St. and Joseph Murphy of 18 Macy St.

In Ward 3, the incumbent, Ian Cain of 8 Highpoint Cir., has taken out papers to seek re-election. Eriberto Soto Jr. of 627 Adams St. has likewise taken out papers to run for the seat.

Three residents have pulled papers to run for the Ward 5 seat on the City Council; incumbent Kirsten Hughes announced earlier this spring she would not seek re-election in the fall. The three residents to pull papers for that seat are:

Christopher DeCamra of 25 Langley Cir.; Mary Lally of 10 Weston Ave.; and Charles Phelan, a former councillor, of 298 Fenno St.

In Ward 6, incumbent William Harris of 74 Ashworth Rd. has taken out papers to seek re-election. William Isenberg of 36 Carle Rd. has also pulled papers for that race.

Ward 2 Councillor Brad Croall, 92 Viden Rd., and Ward 4 Councillor Brian Palmucci, 16 Cross St. have also pulled papers to seek re-election. Neither has a challenger yet.

A preliminary election would be required if more than two candidates run for mayor or any one ward council seat, or if more than six ran for either councillor at-large or the school board.

The preliminary election would be held Sept. 10. The final election is scheduled for Nov. 5.

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FrancineTobin@gmail.com

FRANCINE TOBIN
Realtor



Real Estate

Quincy Real Estate Transactions June 24 - June 28

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Alanna R. & Linda Craven	Wan F. & Fung L. Lau	\$424,900.00	1022 Hancock Street Unit 210
Nancy A. & Robert A. DeCelle; Stephen & Debra Sera	Ethan S. & Amanda G. Leavitt	\$355,000.00	200 Falls Boulevard Unit 1-108
Minnie Kwon	Jianhui & Langwen Guan; Xiaocui Mai	\$350,000.00	10 Weston Avenue Unit 107
Tracy Pace	Jeanette Bukuras	\$280,000.00	77 Adams Street Unit 701
Yan Qin	Anh N. Tran	\$560,000.00	67 Hillsboro Street
Lai Property Investment LLC	Va Cao & Jennie A. Nguyen	\$555,000.00	415 Sea Street
Bryan & Brenna M. Donovan	Kathryn Dirrane & Jaron Schilling	\$570,000.00	15 Madeleine Street
Johann G. & Tiffany L.H. Brown	William Fu	\$495,000.00	54 Scammell Street Unit C
Stephanie A. & Steven Waldeck	Elizabeth J. & Samuel R. Mullins	\$399,000.00	46 Tinson Road Unit 46-3-A
Patricia J. & Brian P. Sullivan	Bryan C. & Brenna M. Donovan	\$650,000.00	25 Andrews Road
18 Johnson Avenue Realty LLC	Sooncheol Lee & Sik T. Wong	\$529,000.00	18 Johnson Avenue Unit 13
James L. & Judith M. O'Brien	Cong B., Cong L. Zhu, Nai H. Xu & Guizhen Zhang	\$840,000.00	14 Colby Road
Shi C. & Shi L. Zheng; Jing Chen	Zongde & Xinlong Lin, Meirong Zheng & Shan Yang	\$771,000.00	9-11 Freeman Street
18 Johnson Avenue Realty LLC	Huixiang Feng & Yunlan Shen	\$529,000.00	18 Johnson Avenue Unit 17
18 Johnson Avenue Realty LLC	Xiangdong Ding	\$595,000.00	18 Johnson Avenue Unit 11
Mary C. McCarthy	Dat T. Nguyen & Huyen T. Le	\$470,000.00	162 Bates Avenue
Daniel C. McGinn	James L. & Judith M. O'Brien	\$500,000.00	3 Samoset Avenue
Mary J. Burke	Grace C. Sheehan & Shirley Chen-Weng	\$385,000.00	207 East Squantum Street
Shirley & Sandy Low	Matthew K. Madonna	\$379,900.00	54 Station Street
John F., Michael J. Louise & Christine Ainsley	Joseph F. Morris	\$572,500.00	73-75 Hall Place
Kenneth Frankenbush	En M. Chen	\$295,000.00	230 Willard Street Unit 101
D&M LLC	105-107 Federal Ave. LLC	\$700,000.00	105-107 Federal Avenue
Kam W. & Mei Y.W. Lo	Yanming & Wanjuan Xie	\$475,000.00	315 Sea Street
Frank A. Powers	Nichole S. Schmidt	\$330,000.00	43 Terne Road
Walter J. Grossi	Steve, Lai & Meirong Leung	\$286,900.00	100 West Squantum Street Unit 214
Kevin Madden & Michelle Babayan	Valerie H. Rust	\$548,000.00	29 Nut Island Avenue
Michael F. & Ann E. Close	Robert J. Federico	\$572,000.00	4 Ocean Street
Priscilla A. & David MacPhee	Kirklin & Evangeline N. Lee	\$700,000.00	134 Grandview Avenue
Jimmy K. Lee & Nyryan Nolido	Ray Mui & Shan Yi Chen	\$309,000.00	115 West Squantum Street Unit 910
Michael Ryan	Michael Ainsley	\$500,000.00	39 Dysart Street
Village of Green V LLC	Kit L. Chui	\$441,650.00	23 Spence Avenue Unit 23
Daniel M. Hamilton Living Trust	Sui W. & Tiffany Chan	\$329,000.00	34 South Street Unit 305
Baker Street LLC	Anne Y. Lo	\$347,000.00	200 Cove Way Unit 307II
Marc A. & Katelyn M. Balzarini	Jing Zheng	\$800,000.00	74-76 Kemper Street
Aleksandra M. Zlateva	Susan Thomas	\$307,000.00	123 Elm Street Unit D7
Joshua D. Foley & Hoa M. Nguyen	Annie Mui	\$408,000.00	961 Sea Street
Marcia Boland-Wells	Efstathios & Alexandra S. Amoratis	\$275,000.00	200 Falls Boulevard Unit A302
Maureen Galewski	Xiu Y. Lu	\$486,000.00	25 Milton Road
18 Johnson Avenue Realty LLC	Luping Ge & Ming Zhang	\$479,000.00	18 Johnson Avenue Unit 1
18 Johnson Avenue Realty LLC	Celso M. Moreira	\$599,000.00	18 Johnson Avenue Unit 7
Shailene O. Jackson	Vaishnavi Sivaramakrishnan & Praveen N. Kumanan	\$590,000.00	157 Clay Street Unit 4
Steven D. Truong & Tuyethung Bui	Andrew & Brigidh Mcneaney	\$620,000.00	30 Randlett Street
Tracy M. Burgio	Kathleen Lyons	\$415,000.00	114 Turner Street
E. Adam Galbraith	Marc & Katelyn Balzarini	\$552,000.00	65 Andrews Road
Ronald A. & Maureen H. Carrington Family Irrevocable Trusts	Phap M. Tran & Thuy T. Nguyen	\$240,000.00	62 Wren Terrace
Brian W. & Chun Y. Chen	Derek H. Mendes & Johanna M. Rodriguez	\$492,000.00	165 Old Colony Avenue Unit K
Gregory S. Crist & Barbara M. Burak	John E. & Kathleen P. Uhl	\$916,500.00	7 Ketch Lane Unit 50
Kyle & Allison Johnson	Gerard & Joan Hegarty	\$625,000.00	34 Tilden Commons Drive Unit 5-17
Nadine P. Peters & Deon K. Young	Allison C. Quinn	\$485,000.00	2001 Marina Drive Unit 113W

QCAP Homebuyer Workshop July 18, July 20

Quincy Community Action Programs, Inc. (QCAP)

will host a set of comprehensive workshops designed for

first time home buyers.

The First Time Home Buyer Workshop will be held in two sessions: Thursday, July 18th from 6 to

9 p.m. and Saturday, July 20th from 9 a.m. to 3 p.m. at Envision Bank, 10 Cabot Place, Stoughton.

This monthly workshop

focuses on all aspects of the home buying process. Real estate professionals will present information on topics from mortgages to home insurance. Attendees must attend both sessions in order to receive a certificate of attendance. Participants may use their certificate to obtain a low rate loan through MassHousing or MassHousing Partnerships. Free individual counseling is also

available.

Registration will be open until Tuesday, July 16th. However, space is limited. The cost is \$30 per person and the fee is non-refundable. Register online at: <https://qcap.ejoinme.org/FTHBJuly2019>

For more information, contact Keely Elta at (617) 657-5315 or kelta@qcap.org, or visit www.qcap.org.

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Record-Breaking 48.9 Million Americans Expected To Travel This Independence Day

More Than 1.3 Million Massachusetts Residents

More Americans than ever recorded by AAA, nearly 49 million, are making plans to honor the red, white and blue with an Independence Day getaway this year. (AAA began tracking holiday travel in 2000.)

Overall travel volume for the holiday is expected to rise 4.1% over last year, with an additional 1.9 million people planning road trips and other vacations to celebrate America's birthday.

More than 1.3 million Massachusetts residents will be among those traveling, with close to 1.1 million going by car, according to the AAA report.

"As Independence Day approaches, it's time for the much-loved family road trip and this year will be one for the record books, with more Americans than ever planning vacations," said Mary Maguire, Director of Public and Legislative Affairs at AAA Northeast. "This holiday builds on the strong travel demand seen for Memorial Day, and with schools now out of session across the country, families coast-to-coast are eager to travel."

Independence Day holiday travel, by mode

- **Automobiles:** The vast majority of travelers – 41.4 million – will hit the road, the most on record for the holiday and 4.3% more than last year.

- **Planes:** 3.96 million people will take to the skies, the highest number on record and 5.3% more than

last year.

- **Trains, Buses and Cruise Ships:** Travel across these sectors will increase by 0.6% to 3.55 million passengers.

Record-level drivers equals record-level delays

For the 41.4 million Americans traveling by automobile this Independence Day, INRIX, in collaboration with AAA, predicts drivers will experience the greatest amount of congestion on Wednesday, July 3 as commuters mix with holiday travelers. In major metros, drivers could face delays as much as four times a normal commute.

"With record-level travelers hitting the road this holiday, drivers must be prepared for delays around our major metros," said Trevor Reed, transportation analyst at INRIX. "Although travel times are expected to nominally increase throughout the week, hands down, Wednesday afternoon will be the worst time to be on the road."

In the Boston area, AAA says another heavy travel day will be Friday, July 5 between 10 a.m. and noon.

Top Destinations for Local Travelers

AAA National names Boston as a top ten summer destination, and AAA Northeast conducted an online survey to see which hot spots will be the most popular this summer. The results are near and far, with those surveyed reporting plans for everything from cross country trips to national park

treks, to Rhine River cruises. Top destinations are:

1. Maine
2. New York
3. Orlando
4. Cape Cod
5. Canada

AAA to rescue nearly 367,000 motorists

AAA expects to rescue nearly 367,000 motorists at the roadside this Independence Day holiday. Dead batteries, flat tires and lock-outs will be the leading reasons AAA members will experience car trouble. AAA recommends motorists take their vehicles to a trusted repair facility to perform any needed maintenance before heading out on a road trip. Additionally, before hitting the road, motorists need to be prepared for emergencies by taking along a mobile phone and car charger, a flashlight with extra batteries, a first-aid kit, a basic toolkit, and drinking water and snacks for all passengers.

AAA's projections are based on economic forecasting and research by IHS Markit, a London-based business information provider. For the purposes of this forecast, the Independence Day holiday travel period is defined as the five-day period from Wednesday, July 3 to Sunday, July 7.

AAA Northeast is a not-for-profit auto club with 66 offices in Rhode Island, Massachusetts, Connecticut, New Jersey, New Hampshire and New York, providing more than 5.7 million local AAA members with travel, insurance, finance, and auto-related services.

Galvin To Display State's Original Copy Of The Declaration Of Independence

Secretary of the Commonwealth William F. Galvin will hold a media availability Wednesday, July 3rd, from 11 a.m. until 11:30 a.m. at the Commonwealth Museum and State Archives to promote the museum's special Fourth of July showing of the Commonwealth's original copy of the Declaration of Independence, signed by John Hancock.

Admission is free to the Commonwealth Museum, which will be open from 9 a.m. until 3 p.m. on July 4th.

Galvin will also be promoting the new program his

office is offering through Quincy's Church of the Presidents, which will provide regular tours of the tombs of Presidents John Adams and John Quincy Adams. Visitation and tours of the Adams tombs will be available free of charge from 11 a.m. until 4 p.m. on July 4th.

The church is located at 1306 Hancock St., Quincy Center.

In addition the Declaration of Independence, special exhibits will be on display at the Commonwealth Museum for Independence Day, including a 1781 war-

rant signed by John Hancock for expenses related to the celebration of the anniversary of our Independence; an Officers Account Book from the War of 1812 with one of the earliest written references to the phrase "Uncle Sam"; and a letter from Robert Gould Shaw regarding the deployment of the Massachusetts 54th Regiment.

Information about the Commonwealth Museum may be found at www.sec.state.ma.us/mus. Information about the Church of the Presidents may be found at www.UFPC.org.

1686 Quincy Homestead Open For Tours Saturday

The 1686 Quincy Homestead will be open for public tours Saturday, July 6 from 11 a.m. to 2:30 p.m. Last tour begins at 2 p.m.

The Quincy Homestead sits on the original 1635 land grant accorded to Edmund Quincy. It is located on the picturesque Furnace Brook at the corner of Butler Road and Hancock Street.

As an added attraction, the Quincy Art Association's Plein Air Artists have been invited to the Saturday, July 6 historic tour date to set up their easels and capture their favorite images of the house and gardens.

Saturday's public tour will start in the gardens. This will prepare tour goers to step back in time before entering the childhood home of Dorothy Quincy, wife of John Hancock. The land and the evolving architecture of the Homestead tell the story of a family who, over five generations, played a significant role in



THE 1686 QUINCY Homestead, located at 34 Butler Rd. at the corner of Hancock Street in Quincy, will be open for public tours Saturday, July 6 from 11 a.m. to 2:30 p.m. Last tour begins at 2 p.m.

Photo Courtesy Colonial Dames of MA

Colonial and American history. As you ramble through the rooms and hallways led by a tour guide, the essence of the life of Colonial times and the families and friends who visited will be yours to experience.

Located at 34 Butler Rd., the Homestead is easily to find – it is just south of Furnace Brook Parkway and the Armory. An all-

volunteer staff will greet the public and are eager to share the history of the history of Quincy Homestead.

Since 1904, this National Historic Landmark has been owned by the Commonwealth of Massachusetts, and is operated by the Department of Conservation and Recreation (DCR) in cooperation with the NSC-DA-MA (Colonial Dames of MA).

Beach Church Sundays On Wollaston Beach

Beach Church, a simple, brief and fun Christian Worship Service, has returned and will be held each Sunday in July; July 7, 14, 21, and 28 on Wollaston Beach between the Squantum and Wollaston Yacht Clubs, at 8 a.m.

Everyone is invited to

come sing Gospel songs, pray and hear a brief message on the life of Jesus Christ; His birth, resurrection, ascension and the coming of the Holy Spirit at Pentecost.

This service is put on by Christ Evangelical Church SOS, a ministry to those in need.

Houghs Neck Congregational Church

The Sunday morning service of worship at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m.

Liturgist Cassie Gordon will welcome and call to worship.

Pastor Stephen Vanderg-

rif will lead the service and preach his sermon.

Cindy Miford and Glenn Brown will serve for the Diaconate.

A fellowship coffee hour follows the service hosted by Nancy Jacobs.

All are welcome.

INVITATION TO BID

INVITATION TO BID

**CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169**

The City of Quincy invites sealed bids/proposals for:

PUBLIC WORKS

**FLEET PURCHASE
3 – 2019 FORD F550 DUMP TRUCKS**

JULY 16, 2019 @ 11:00 a.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through email: purchasing@quincyma.gov Questions will be accepted until July 11, 2019 at 4:00 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

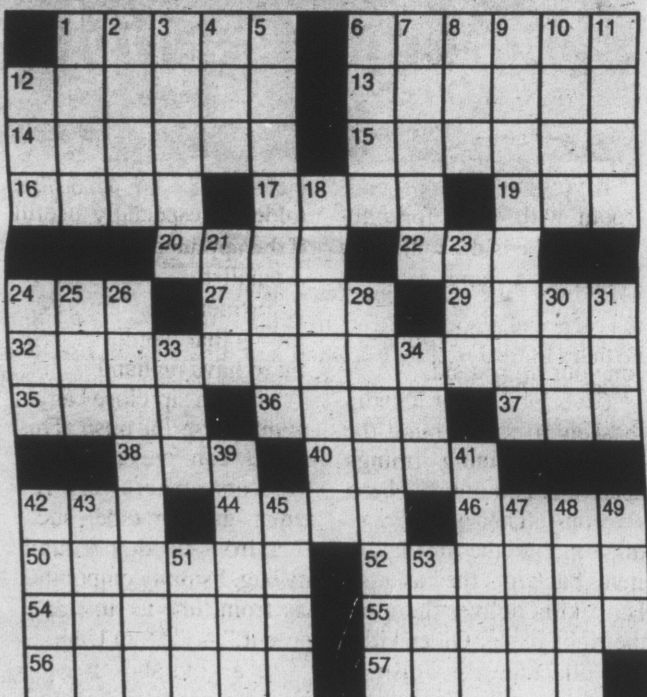
The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR
Kathryn R. Logan, PURCHASING AGENT

SUN FUN PAGE

King Crossword

- ACROSS**
- 1 Advertised heavily
 - 6 Bilateral
 - 12 South Dakota's capital
 - 13 Colored ring
 - 14 On the briny
 - 15 Funhouse item
 - 16 Use a sponge
 - 17 Author Wister
 - 19 D.C. fig.
 - 20 Long skirt
 - 22 Obtain
 - 24 Suitable
 - 27 Cacophonies
 - 29 — parmigiana
 - 32 5-ball desktop toy
 - 35 Exchange premium
 - 36 Former veep
 - 37 Vast expanse
 - 38 San Francisco's — Hill
 - 40 One of the Three Bears
 - 42 Sort
 - 44 The same, in a bibliography
 - 46 Approaching
- DOWN**
- 1 Stereo setup
 - 2 Shriek bark
 - 3 Opening comment
 - 4 Historic period
 - 5 Rehab going-on
 - 6 Domesticate
 - 7 Squeeze
 - 8 — the ram-parts ...
 - 9 Carpeting fabrics
 - 10 Medicinal plant
 - 11 9-Down make-up
 - 12 Manhandle
 - 18 Endearing
 - 21 Big bother
 - 23 Mendes or
 - 24 Literary collection
 - 25 Cribbage scorekeeper
 - 26 Longtime Hostess product
 - 28 Mix up
 - 30 Hearty brew
 - 31 Michele of "Glee"
 - 33 As well
 - 34 Sleep phenomenon
 - 39 Spree
 - 41 Broadway backer
 - 42 Cow-headed goddess
 - 43 Places
 - 45 Antelope's playmate
 - 47 "The Music Man" setting
 - 48 Buzzing pest
 - 49 Attention getter
 - 51 Roscoe
 - 53 Common Mkt. once



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MAGIC MAZE • AMERICAN CHEESES

F A X V S P N R L K I F P C A
X V S T Q O A L I J H G E P E
S S I W S D C A M X Y N P O V
T R P N D O L J B H B I P O F
D B R E T S N E U M L R E H Y
X V H F A R M E R T O T R C R
P C O M K E A I G V C S J A G
E D B Z L I E D E R K R A N Z
X W U E T R R L R Q E O C N L
J I T G F D C K C I R B K C A
Y X W V T S R P O N L K J I G

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Bergenost	Farmer	Muenster	String
Brick	Hoop	Nacho	Swiss
Cheddar	Liederkrantz	Pepper jack	Teleme
Colby	Limburger	Provel	

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Inner tube is different. 2. Fence is missing. 3. Bird has been added. 4. More bushes are on shore. 5. Tree has second limb. 6. Boy's nose is larger.

Trivia test

1. MUSIC: What was the last name of the three brothers who made up the pop music group The Bee Gees?
2. GEOGRAPHY: Where is Cape Flattery located?
3. LANGUAGE: Who is attributed the phrase "bread and circuses"?
4. ANIMAL KINGDOM: How many walking legs does a lobster have?
5. LITERATURE: Which Russian novel begins with the line, "All happy families are alike"?
6. COMICS: What does Pokemon mean in English?
7. HISTORY: What does the Mexican holiday Cinco de Mayo celebrate?
8. GEOGRAPHY: Which European country has the longest coastline?
9. GAMES: What is the meaning of the word "canasta" in the card game?
10. MOVIES: In which movie did a female monster first appear?

Answers

1. Gibb
2. Washington state, at the most northwestern point of the contiguous United States
3. The Roman poet Juvenal
4. Eight
5. "Anna Karenina," Leo Tolstoy
6. Pocket monsters
7. Mexico's victory at the Battle of Puebla
8. Norway
9. Basket (Spanish)
10. "Bride of Frankenstein"

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Wishing Well®

7	6	7	2	4	3	2	8	5	4	7	6	8
M	B	A	R	F	N	E	A	B	O	K	U	D
4	7	8	2	6	7	3	7	2	5	4	5	3
R	E	E	L	S	A	E	C	Y	E	G	S	W
2	5	3	8	4	3	6	5	7	3	5	3	7
O	P	I	C	I	D	Y	O	H	E	N	A	I
4	8	4	2	7	5	4	2	6	3	4	5	2
V	I	E	N	L	T	E	G	D	S	N	A	O
8	3	5	7	5	4	8	2	8	7	3	2	6
S	E	N	D	E	E	I	O	V	H	V	D	A
5	8	4	6	7	4	7	3	5	7	4	3	8
O	E	M	Y	A	I	P	O	U	P	E	L	D
2	5	6	4	7	2	8	3	2	3	8	2	2
T	S	S	S	Y	A	A	V	S	E	Y	T	E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Your Aries leadership qualities can help bring order out of all that confusion, whether it's on the job or in the home. But be careful to guide, not goad, others into following you.

TAURUS (April 20 to May 20) Applying a more personal view to a job-linked issue could help provide better insight into those persistent problems. Use your keen Taurean logic to cut through the double-talk.

GEMINI (May 21 to June 20) Taking some time off could be the best way to get through that seemingly endless round of demands. You'll return refreshed and ready to tackle things from a new perspective.

CANCER (June 21 to July 22) Restoring a sagging professional relationship takes a lot of effort. By all means, state your position. But also make sure you pay close attention to the other person's point of view.

LEO (July 23 to August 22) A hot prospect intrigues the Big Cat, who is always on the prowl for a promising investment. But be careful that this "promise" has a chance of being kept. Check it out more carefully.

VIRGO (August 23 to September 22) A friend could use some of your compassion and concern. If he or she doesn't ask for help, be sure you step up and make the first move. Also, check out a new career possibility.

LIBRA (September 23 to October 22) You might have difficulty getting your opinions heard because of all the noise being made by the other side. But hang in there.

Others should line up with you once they learn the facts. **SCORPIO** (October 23 to November 21) Offering to help a colleague is commendable. But before you commit your time and effort, check to see if that person's situation is all that he or she has led you to believe it is.

SAGITTARIUS (November 22 to December 21) You soon should be seeing positive results from your recent efforts on behalf of a family member. On another matter, check that you have all the facts regarding a job assignment.

CAPRICORN (December 22 to January 19) Your aspects favor closer family relationships this week. Take time for visits, whether in person, by phone, by mail or in cyberspace. Let them know how important they are to you.

AQUARIUS (January 20 to February 18) A missed opportunity isn't always a negative. Maybe your instincts are telling you not to rush into something you "thought" was worthwhile. Make time for family this weekend.

PISCES (February 19 to March 20) Your sense of humor helps you get through a tricky situation. But some stick-in-the-muds might not be so willing to make the changes that you and others agree are necessary.

BORN THIS WEEK: You have a gift for making everyone you know — or even just met — feel important and welcome in your life.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals L

R D U D T Y T I D Y V F X V M G Z F D H U
F X G F J G P T M G Z F T H V Y Y K V V I E P W
I E K K Y J E W X F A V R V Y E W P G F V R
G Y K T J A V H J E K K ?

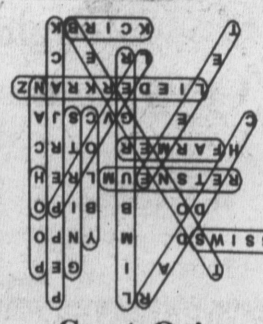
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King Crossword — Answers

Solution time: 24 mins.

I	V	T	O	E	R	E	I	S	I	S
A	V	M	E	E	T	E	O	V	E	O
E	N	O	D	E	R	E	N	D	I	O
H	O	I	N	E	D	I	K	R	I	
V	W	V	W	B	O	N				
V	E	S	E	R	O	G	O	I	D	V
E	T	O	V	E	R	C	S	N	O	I
T	V	E	A	S	N	I	D	I	D	V
L	E	D	I	X	V	W				
N	E	S	N	E	M	O	E	J	I	M
R	O	R	I	M	I	V	O	T	J	V
V	T	O	E	R	V	E	R	E	I	D
A	V	M	O	M	I	D	E	E	J	A

Magic Maze ANSWERS:



CryptoQuip answer

a slumber mill
pills might be designated
that manures sleeping
Do you suppose the factory

J
U
L

3

2

0

1

9

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Despite the star power of Jennifer Lawrence, James McAvoy, Michael Fassbender, Nicholas Hoult and Sophie Turner, "Dark Phoenix" (the 12th in the "X-Men" franchise) laid an egg at the box office. "X-Men: Apocalypse" (No. 11 in the series) cost \$178 million and grossed \$544 million, while "Dark Phoenix" cost \$200 million and grossed only \$140 million in its opening week. Disney can't be very happy, since they picked up the "X-Men" franchise in their acquisition of 20th Century Fox Pictures. Maybe executives wondering what went wrong should look back at "The Fantastic Four" (2015), with Miles Teller, Michael B. Jordan, Jamie Bell and Kate Mara, which cost \$155 million to make and grossed only \$168 million. Even though Disney now has the top-grossing film of all time, "Avengers: Endgame," it may still pull the plug on the "X-Men" franchise.

I thoroughly enjoyed "Rocketman," the biopic about Elton John. Elton and his husband, David Furnish, have been trying to produce a film of his life since 2001. Along the way, Justin Timberlake and Tom Hardy were cast to play Elton, but when Matthew Vaughn, producer and director of "Kingsmen: The Golden Circle," was asked to produce "Rocketman," he would agree only if Taron Egerton was cast as John. Egerton hit a home run with his acting and singing as the pop icon. And despite Elton's husband as one of the

producers, they didn't hold back on the sex and drugs. In the late '70s, Elton and his manager/lover John Reid rented a mansion in Beverly Hills, and I went to a party there with my late great publicist friend Ron Scott (who discovered Tyler Henry, "The E Channel's Hollywood Medium"). I spied Ron sneaking upstairs to Elton's bedroom, and I went with him to keep him out of trouble. We stole a look into Elton's wardrobe, and Ron slipped his business card in 10 different shoes, then we got out before we were caught. John Reid called me weeks later and asked, "How did Ron Scott get his business card into 10 pairs of Elton's shoes?" I confessed what we'd done, and although he called back to say Elton thought it was a very funny prank, we were never asked back!

Melissa McCarthy is re-teaming with her "St. Vincent" (2014) director, Ted Melfi, and co-star Chris O'Dowd in "The Starling," in which she tries to get rid of a black starling. That will follow "The Kitchen," with Tiffany Haddish, Elizabeth Moss and Common (due Aug. 9) and "Superintelligence," which reunites her with her director/husband, Ben Falcone, and co-stars Bobby Cannavale, Brian Tyree Henry, Jean Smart and James Corden. Melissa McCarthy and Tiffany Haddish together, now that has to be hilarious!

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GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		25
÷		x		x	
	x		+		15
+		÷		-	
	x		+		17
16		18		27	

1 2 3 4 5 6 7 9 9
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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Surfer Girl --- Surfing is a popular worldwide sport today, but when did it start and what is collected? People have been swimming and bodysurfing by riding the waves since ancient times. But it was the Polynesians who started riding the waves on a board long before the Europeans discovered the sport during the first voyage of James Cook to Tahiti in 1769. Their chief was the best at the sport with the best board and beaches. The surfing skill gave him added prestige. Ancient Hawaiians, Samoans, Tongans and other islanders also used boards to surf partially as an art and religious activity. Modern-day surfing started with the American tourist who wanted to learn the Hawaiian natives' sport in the mid-1860s. Some were successful, and in 1908, a club was formed. In 1885, three Hawaiian princes visited Santa Cruz, California, and surfed. And in 1907, an expert was brought to California to promote the sport. It spread to North Carolina, then Florida, then any good American beach with proper waves, but it didn't become a fad until the movie "Gidget" in 1959.

Surfboards were the first important collectible. Collectors can now find the ever-changing surfboards, clothing, professional contest prizes (after about 1975), surf music, recordings and sheet music, movies and even toys. Hubley Manufacturing Company (1894-c.1975) made a painted metal toy with a girl riding a surfboard on waves. It had wheels that let it roll on an eccentric path. The girl's one-piece yellow bathing suit suggests a date in the late 1950s or '60s,

early for a surfer toy. It sold for \$5,700. Surfer collecting is still young, and prices are highest today for the artistic surfboards.

Q: I know you should not use boiled linseed oil to polish your wooden furniture, even though that was recommended in my mother's day. It gets hard and crystallizes, and it's hard to remove. But what oil should I use?

A: Some experts say that you shouldn't use any type of oil on finished wood -- not even lemon, linseed, tung or oil-based polishes. They often do nothing, because you can't "feed" wood. But the oil can attract dust and create a sticky surface, or worse. A finished piece of furniture should be given a light coat of paste wax about once a year. Rub the wax until there is a shine and no waxy feel. Then, just dust the surface regularly.

CURRENT PRICES

Trivet, brass, round, pierced, turned wooden handle, three legs, iron, 5 1/4 x 13 1/2 inches, \$20.
Vase, glass, Bohemian, ruby overlay, flowers alternate with dots, white ground, 8 3/4 x 7 inches, \$90.
Humidor, Buffalo Pottery Deldare, "There was an old sailor and he had a wooden leg," 7 1/4 inches, \$150.
Mardi Gras, invitation, Mommus, The Realms of Fancy, Charles Britton, 1878, 4 1/2 x 7 1/8 inches, \$370.

TIP: If you hang a picture on two hooks next to each other, the picture will remain level.

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Strange BUT TRUE

* It was noted 20th-century American poet e.e. cummings who made the following sage observation: "The most wasted of all days is one without laughter."

* Those who study such things claim that a single teaspoon of ordinary soil contains more living creatures than all the humans on the planet.

* Albert Einstein's final words are lost to history. He spoke his last words in his birth tongue, German, and it seems that the nurse who was attending him during his last moments spoke only English.

* Other than the fact that they were all famous writers, what did Charles Dickens, Edgar Allen Poe, Mark Twain, Louisa May Alcott, James A. Michener and Leo Tolstoy have in common? They all were adopted.

* The monkfish, a species of anglerfish found primarily in the northwestern Atlantic Ocean, has an enormous head. Really, really enormous. The monkfish's

head is so large, in fact, that it makes up three-quarters of its body.

* It's been reported that country singer-songwriter Willie Nelson believes he's had numerous previous lives, including at least one as a Native American.

* In an anthropological study once conducted in Papua New Guinea, it was found that one in three adult deaths was the result of homicide. And it seems that those murdered were often targeted because they were suspected of practicing sorcery.

* If you've ever worn a tuxedo, you know what a cummerbund is, but you probably don't know the origin of the word. It comes from a Hindi word meaning "waistband."

Thought for the Day:

"Writers have two main problems. One is writer's block, when the words won't come at all, and the other is logorrhea, when the words come so fast that they can hardly get in the wastebasket in time." — Cecilia Bartholomew

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Now here's a tip!

by Jo Ann Derson

* If you have a small bedroom with room for only a little bedside table, try hanging a lamp over it or using a wall-mounted lamp. It will free up space on your nightstand.

* Give kids small laundry baskets to race around the house collecting things that don't belong where they are. Then sort items and separate the misplaced items back into the baskets. Have kids deliver them to the right place. Older kids can collect any dirty dishes from around the house using a dishpan, and return them to the kitchen.

* "We add about an inch of kitty litter in the bottom of our kitchen trash can. If the can liner were to leak any liquids, they would be absorbed, and the litter does a great job of keeping smells in check." -- Y.J. in Ohio

* Here's a great idea: Use a three-ring binder or an accordion folder to store manuals for appliances or

electronics. An accordion folder is especially useful if the appliance comes with a small tool necessary for adjustments or any extra pieces that would be helpful to have on hand.

* "I have a zip-close baggie in my purse for trash. This way I can prevent small wrappers, unnecessary receipts, gum or other such litter from floating around my bag. I simply empty the bag from time to time and reuse it." -- C.D. in Utah

* Use an old shower curtain as a ground liner underneath kiddie pools to protect the vinyl from twigs or rocks that might puncture your pool. You should always check the ground first, but a little extra protection doesn't hurt.

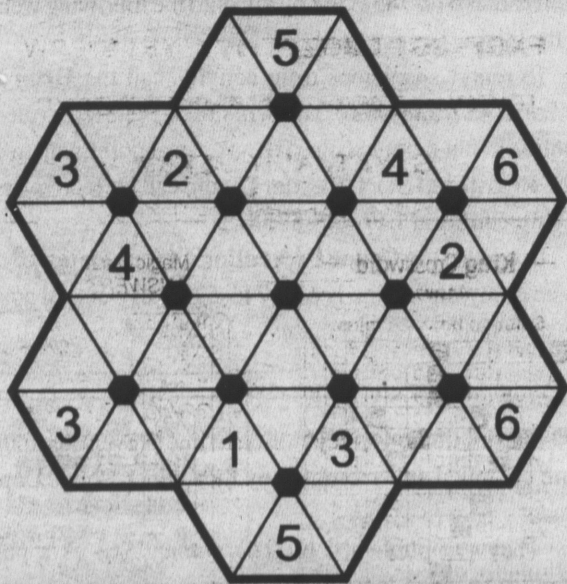
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

Here's an original alphabetic for puzzle solvers. Each letter represents a number between 0 and 9. A zero can never begin a word. In this particular alphabetic, all 10 digits are used, and there are two solutions.

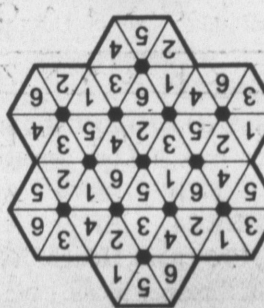
Here are a few clues: A = 7, C = 3 and E = 6 in both solutions.

MENTAL
+ MUSCLE
HEALTH

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SNOWFLAKES

solution



Go Figure!

answers

27	18	16
7	2	x
17	3	+
-	÷	+
15	9	x
6	6	+
x	x	÷
25	4	-
5	4	6

Stickelers Answer

867298
867298
+ 401326
461972

867298
867298
+ 401326
461972

The solutions are:

On Sunday, June 23, at approximately 11:21 p.m., Officer Tait was dispatched to the Fore River Rotary for a motor vehicle crash with injury. Officer Flaherty, who was coming over the Fore River Bridge from Weymouth into Quincy for his midnight shift, observed a vehicle crashed into the granite curbing of the rotary and reported it on his portable radio.

On arrival, Officer Tait observed the vehicle halfway into the rotary with severe undercarriage damage. The 6-inch high granite curbstones were destroyed or heavily damaged. Officer Tait looked inside the vehicle and noted the airbags were deployed but no one was inside.

Information received from callers to the police provided a description of the driver as a male wearing cargo shorts with a dark hooded sweatshirt holding his shoulder as he ran towards Dee Road. A check of the license plate showed it was unregistered and owned by a male from Hull. This male has an extensive traffic record, including OUI-Drugs and leaving the scene - property damage.

Officer da Silva, along with other police units, searched the area for the driver who could be injured. Police Communications advised units the license plate of the vehicle involved in the accident had been run in Hingham and Weymouth after getting reports of an aggressive operator challenging other motorists to fight. One description from the other jurisdictions was a male wearing gym shorts and a hooded sweatshirt.

Officer da Silva came across a male on Dee Road wearing shorts and a black t shirt who appeared to be limping, so she pulled up to him and before she could say anything, the male stopped walking, widened his stance as if ready to fight and began glaring intensely at the officer. When asked if he was okay or had been hurt, the male replied, "Do I look f@#\$%^& hurt - I'm not f@#\$%^& hurt." When asked for his name, the male responded, "You don't need my name. I'm not giving you my name" as he paced around, stomping his feet and yelling.

Officer da Silva radioed for assistance and Officer O'Neill arrived moments later. The officers attempted to explain why they stopped the male who countered with, "I don't know sh#\$ about a f@#\$%^& accident." Officer Tait arrived on scene and tried to calm the male down,

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

who was now yelling, waving his hands about, pacing and stomping. When asked why he wouldn't give his name, the male said, "Cuz I don't f@#\$%^& like cops" and then resumed his verbal tirade. The volume only increased as the officers tried to calm him while gathering information about the incident.

At one point an unidentified shirtless male walked out of his house and tried to calm the male down to which he yelled "Go back in your f@#\$%^& house. I don't know you man!" Due to the increased hostility and aggressiveness of the male, Officer Tait requested an additional unit to the scene.

Officer Francis arrived and also tried to calm the suspect to no avail. The male started yelling, "Am I under arrest? Am I under arrest?!" while putting his hands up as if surrendering then putting them down and waving them about again. At this point Officer Francis told the male he was under arrest for disorderly conduct and told him to put his hands behind his back. Instead of complying, the male began to advance toward Officer O'Neill which was viewed as an attempt to engage in a physical confrontation. At this point Officer Francis presented his taser and ordered the male to stop and put his hands behind his back.

Upon seeing the taser, the male stopped and pruned himself out on the sidewalk allowing Officer O'Neill to place him in handcuffs and search for weapons without incident. While enroute to the station, the male said, "You don't have sh@#. You didn't even breathalyze me! I'll pray for you. You ain't got sh@#." At booking the male refused to cooperate or identify himself, however, he was recognized in the booking area by Sgt. O'Donoghue and his identity verified through CJIS.



LT. DAN MINTON

The male, a 24-year-old Quincy resident, was charged with disorderly conduct. As for the driver of the vehicle in the accident, the 34-year-old Hull resident was to be summonsed to court for "leaving the scene of an accident, operating an unregistered/uninsured motor vehicle, defacing property and operating a motor vehicle without a license."

Nice Work!

Credit Card Help Scams:

Offers for help come via emails, mail and telephone calls (mostly recorded calls with directions to select "1" to speak to a live operator). Companies that make promises of instant help but at a price are often a scam. The FTC recently charged a company called Grand Teton for tricking people out of hundreds - even thousands - of dollars for credit repair services. The company promised to boost credit scores by removing all negative items from customers' credit reports and also boost scores by adding the customer as an authorized user on other people's credit cards.

Victims didn't see a significant change in their credit scores, despite paying hefty (and illegal) up-front fees. To make matters worse, if the victims complained or tried to get their money back from their bank, Grand Teton allegedly threatened to slap them with lawsuits. When it comes to credit repair, there's rarely an instant fix.

To clean up your credit and protect yourself from credit scams, first get a free copy of your credit report and examine it closely. Look for accounts that you do not recognize. Contact the credit bureau and the business that reported the information if there is a concern. They must delete inaccurate or incomplete information and it is at no cost to you.

A key point - you can do this yourself. You don't need to hire an attorney or an agency. This may take some time but by paying your bills on time, paying off debt and not creating new debt, you can rebuild your credit status.

If you believe that you need help, seek out a legitimate credit counseling program. Qualified credit counselors will review your overall financial situation before they make a plan. A promise to fix all your problems or ask you to pay in advance should be a warning that this particular counselor is questionable.

QUINCY POLICE CRIME PREVENTION JOURNAL

QUINCY POLICE STATISTICS

June 21 - June 27

Calls: 1,068

Arrests: 10

Stolen Vehicles: 1

FRIDAY, JUNE 21

BREAKING AND ENTERING IN PROGRESS, 1 a.m., Sandy Pet Grooming, 233 Atlantic St. Two males broke into pet store. One wearing a black hood. Left possibly toward beach. Entry made from back and exit through front. Caller unsure if the above vehicle was involved in break.

SATURDAY, JUNE 22

ASSAULT AND BATTERY, 12:27 a.m., Irish Pub, 51 Billings Rd. Caller in broken English said to send help to the Irish Pub in North Quincy. Says he was passing by. Brewster requested. Past fight. Unable to identify second party involved. Victim to QMC.

VANDALISM/PROPERTY, 12:05 p.m., Apthorp St. Neighbor cut down tree limbs they do not own. Civil matter/neighbor issue. Both parties advised but unsatisfied with outcome. Officer requests community police officer address this issue at later time.

VANDALISM/PROPERTY, 10:09 p.m., Bayside Rd. Gray 2012 Subaru Outback drove over caller's lawn. Caller has incident on video. Car was originally parked in driveway. Caller's daughter parked behind trespasser. Both parties know each other. Matter will be addressed civilly.

SUNDAY, JUNE 23

ATTEMPTED BREAKING AND ENTERING, 8:36 p.m., 290 Quarry St. Slider glass broken. Lock damaged. No break. Defective door.

MONDAY, JUNE 24

VANDALISM/PROPERTY, 10:36 a.m., Houghs Neck Community Center, 1193 Sea St. Smashed picnic table.

LARCENY, 11:27 a.m., Copeland St. Amazon package missing from the front porch today. Has confirmation it was delivered today with photo.

LARCENY, 12:49 p.m., Marina Bay Management, 500 Victory Rd. Bin.

LARCENY, 1:55 p.m., 4 Crown Dr. Packages.

VANDALISM/PROPERTY, 2:04 p.m., Main St. Tire slashed. No suspect info.

LARCENY, 6:42 p.m., Norfolk St. Flower pot stolen from caller's yard.

TUESDAY, JUNE 25

LARCENY, 11:57 a.m., Cherry St. Another attempt made at stealing bike off property by youths in the neighborhood. Advised party to seek HPO at QDC.

BREAKING AND ENTERING, 12:12 p.m., Fairview Rd. Caller noticed some items missing from her residence; does not know how someone broke in. No signs of break.

LARCENY, 4:32 p.m., 109 Curtis Ave. Stolen checks. No stolen checks. Everything is in order.

WEDNESDAY, JUNE 26

LARCENY, 3:51 p.m., YMCA, 79 Coddington St. Yoga mat.

ASSAULT AND BATTERY, 5:33 p.m., Palmer St. Caller states her son was punched in the face and thrown to the ground by another juvenile. Argument between second graders that turned physical. No medical attention needed. Spoke with both parents.

LARCENY, 9:12 p.m., 7-Eleven, 721 Hancock St. Caller left his phone on the counter and it was gone when he returned to store. Phone pinging on Lawrence Street in Quincy. Phone retrieved and returned.

THURSDAY, JUNE 27

MOTOR VEHICLE LARCENY, 2:04 a.m., Town River Yacht Club, 60 Mound St. Party was staying on his boat, went up to his vehicle and it was missing. Brockton PD ran vehicle at 1:05 a.m. - they said vehicle was involved in an accident where the driver stated he did not want to go back to jail and fled foot on scene. Vehicle had heavy front end damage, right tire damage and air bags deployed. Officer on scene said key was in the ignition. Suspect is a Hispanic male in blue shirt, gray jeans.

LARCENY, 9:32 a.m., Merrymount Rd. Caller said she is in process of moving from above address and real estate company is showing the residence for her. Caller reports a watch was stolen.

VANDALISM/PROPERTY, 2:27 p.m., Bartlett St. Several flags in lawn damaged by unknown animals or pranksters.

LARCENY, 7:01 p.m., Centre St. Package. No suspect

or package info.

LARCENY, 8:28 p.m., Quadrant Cir. Caller claiming stolen meds. Arguing in background when line went dead.

LARCENY, 8:59 p.m., Arnold St. Purse taken from front porch about an hour ago. Believes she knows who took it. All property recovered, except cash.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617-745-5719

STOLEN MOTOR VEHICLES: Mound Street

CAR BREAKS: Burgin Parkway

BREAKS AND ATTEMPTED BREAKS: Atlantic Street

If you have information on the above crimes, drug activity or any crime, please call the Quincy Police Detective Bureau at 617-745-5764 or log onto the following website: <http://tinyurl.com/ytf6td>.

To report suspicious drug activity, call the Drug Hotline at 617-328-4527. You will not be required to identify yourself, but it could help. To make an appointment to view the Registered Sex Offenders book, call Detective James Dentrement at 617-745-5755.

To contact the Crime Prevention Officer for tips or comments, my direct line is 617-745-5719. My e-mail address is dminton@ci.quincy.ma.us - Lt. Dan Minton

Entries in the Quincy Police Crime Prevention Journal are compiled and submitted by the Quincy Police Department.

They are published by The Quincy Sun as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Quincy Police Crime Prevention Journal list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

JUL

3

2019

First Baptist Church Of Wollaston

Sunday morning worship begins at 10:30 a.m. at First Baptist Church of Wollaston, 81 Prospect Ave., Quincy.

A fellowship hour of conversation and light refreshments in the chapel will follow the service.

Prior to the Sunday worship service is an English Bible Class in the Chapel at 9:15 a.m. in the chapel. A Vietnamese Bible Class begins at 9 a.m. Contact Pastor Duc at ducphamboston2015@gmail.com.

Greeters are Chantel Parisien and Beverly Moulton. Pastor David Choi will preach a sermon entitled "Realty of Human Heart."

Looking for in-depth Bible discussions? Join the Thursday Bible Class at 7 p.m. Have fun learning the Bible (the book of Daniel).

The church office is open 10:30 a.m. to 5 p.m. Tuesday, Thursday and Friday. Contact number is 617-472-0824 or visit the website www.First-BaptistChurchOfWollaston.org for updates and activities.

Pastor David's contact number is 617-213-0392; 11 a.m. to 6 p.m. Tuesday through Friday. All areas of the church are handicap accessible.

Who said it? An Independence Day Quiz: "It is impossible to govern the world without God and the Bible." (Answer will be next week)

a. Pres. (6th) John Quincy Adams b. Pres. (1st) George Washington c. Pres. (3rd) Thomas Jefferson d. Pres. (26th) Theodore Roosevelt

John Quincy Adams Wreath-Laying Ceremony At UFPC July 11

The History and Visitors Program at United First Parish Church, Church of the Presidents announces the annual Presidential Wreath-Laying Ceremony for President John Quincy Adams will be held Thursday, July 11 at noon. The event will celebrate the 252nd birthday anniversary of the nation's sixth President.

Lieutenant Commander Ryan Seggerty of the Navy Operational Support Center Quincy will serve as President Donald Trump's representative for the official ceremony.

This year's ceremony marks the launch of a new focus for the JQA Ceremony: celebrating individuals in the present day whose lives and work embody the spirit of JQA's lifetime dedication to public service and the improvement of the lives of all people in our democratic society.

To kick off this new tradition, this year's featured speaker will be Jordi Albareda, founder and director of Fair Saturday movement. Since the founding of the Fair

Saturday Foundation only four years ago, Albareda and his team have built an international arts and culture movement "committed to developing a better world through the promotion of arts and culture and social empathy as key drivers of change." Albareda lives and is based in Bilbao Spain, and as of this year, the Fair Saturday movement has 1,100 participating communities across Europe.

This fall, Quincy will be the first community to host Fair Saturday in the United States. United First Parish

RELIGION

Houghs Neck Congregational Church 125th Anniversary Celebration

Houghs Neck Congregational Church, 310 Manet Ave., Quincy, will mark its 125th anniversary July 24.

In honor of the church's 125th anniversary, the church will host a weekend of activities for any and all who would like to attend later this month.

A gala celebration will be held Saturday, July 27 from 6 to 10 p.m. at the Quincy Yacht Club. The public is welcome to attend and join in an evening of celebration which will include dancing to a Houghs Neck DJ, sing-a-long opportunities, games with prizes, a door prize and more. Tickets are \$40 per person and must be purchased in advance. Email hnc@comcast.net for info. on the gala and how to

get tickets.

On Sunday, July 28, there will be a Family BBQ at the Church from 11 a.m. to 3 p.m. Enjoy a BBQ and Ice Cream Bar on the lawn of the church after the Sunday anniversary service of worship which starts at 10 a.m. for those of who wish to attend.

The event is a free but require reservations so organizers can plan accordingly. Email hnc@comcast.net for any additional information or to make reservations.

Anniversary organizers are also looking for memories people would like to share about past experiences over the years. Perhaps you had a Sunday School teacher who influenced your life's journey.

Or you remember being in one or more of the church's plays or pageants. Or have fond memories of the friendships made during youth groups or the Junior or Senior choirs that you would like to share.

Please take a few minutes to write down your thoughts and send them to the church office at 300 Manet Ave., Quincy, MA 02169, attention "Memories". You may also email them to hnc@comcast.net with "Memories" in the subject line.

We would love to receive any letters of remembrance of your earlier days at the Church so we can share them as part of our July celebrations.

Church is proud to honor Albareda and the Fair Saturday movement and to celebrate the city's dedication to the important roles that arts and culture play in our pluralistic democratic society today. For info. about Fair Saturday events and the movement visit:

<https://fairsaturday.org/en>.

The ceremony will be conducted in conjunction with the Color Guard from Naval Operations Center Quincy and include music by UFPC Music Director Norman Corey and the Quincy Choral Society. A reception will follow.

Folks can meet Albareda and have a slice of cake supplied by Konditor Meister.

Admission to the ceremony, the Adams Crypt and Church Sanctuary are free. Donations to support the History and Visitors Program are appreciated.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 11:00AM and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ Air-Conditioned

St. John The Baptist ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday, 8:30 AM & 11:00 AM
Sunday night, 5:00 PM
Weekday Masses
Wed., Fri., and Sat. 8:00 AM
Confessions
Wed. 8:30 - 9:00 AM
Sat. 2:30 - 3:30 PM
Handicapped Accessible

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4PM (Saturday)
7:30 & 10:00AM and 6:00PM
Weekday Masses
Monday & Saturday 9AM
Handicapped Accessible
Confessions
Sat. 3-3:45PM in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169 • 617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses:
Mon., Tues., & Thurs. 9a.m.
CONFESSIONS: Saturday, 2:30-3:30 pm
Handicapped accessible & Handicapped parking, side entrance Air-conditioned

Holy Trinity Parish
Come and Worship!
Most Blessed Sacrament Church
1031 Sea St.
WEEKDAY MASSES
9:00AM Tuesday and Thursday
WEEKEND MASSES
4:30 PM Saturday and 8:30 AM Sunday
Our Lady of Good Counsel Church
237 Sea St.
WEEKDAY MASSES
9:00AM Monday and Wednesday
WEEKEND MASSES
6:00PM Saturday and 10:30 AM Sunday
CONFESSIONS: 3- 4PM Saturday
Rev. Martin Dzengieski- Pastor
Phone: 617-479-9200
EMAIL: holytrinityquincy@gmail.com
WEB: www.holytrinityquincy.com

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
Sunday Worship Service at 10 a.m.
Pastor Stephen Vandergrift will lead the service and preach his sermon
All are welcome to attend
FELLOWSHIP COFFEE HOUR FOLLOWING SERVICE

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongregational.org
Sunday Worship Service at 9:30AM
The Rev. Patrick McCorkle will conduct the service and preach his sermon
Fellowship following the service
Church is handicap accessible

Quincy Point Congregational Church
United Church of Christ
444 Washington St.
(617) 773-6424
www.quincypointcongregational.org
Sunday Worship and Sunday School at 10 am
Elevator Access via Abbey Rd
Rev. Kimberly Murphy, Pastor
Rachel Hallenbeck, Minister of Music
Angellina DeCristofaro, Youth Dir.

Congregational

Wollaston Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Inclusive Family Worship at 10 a.m.
Elizabeth J. Williams
Pastor
617-773-7432
www.wollastonucc.org

Unitarian Universalist

United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
CHALICE CIRCLE DISCUSSION GROUP:
SUNDAYS AT 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca From
1306 Hancock St., Quincy
www.ufpc.org

Church of Christ

CHURCH OF CHRIST IN MILTON
330 Edge Hill Rd.,
Milton, MA 02186 • 617-274-2409
www.churchofchristmilton.org
Maurice Davis, Minister
SUNDAY WORSHIP
8AM, 11AM and 6PM
Sunday Bible Study 9:45AM
Tuesday Bible Study 11:00AM
Wednesday Bible Study 7:00AM
3rd Friday - Couples 7:30PM
4th Friday - Youth 7:30PM

To Advertise in this Directory, Call 617-471-3100

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings - where testimonies of healing are shared 7:30 p.m.

ALL ARE WELCOME!

Nazarene

WOLLASTON CHURCH OF THE NAZARENE
57 E Elm Ave, Quincy MA 02170 • www.wollastonnazarene.org
617-472-9669 • office@wollastonnazarene.org
A Church for EVERYONE!
8:00 AM ~ "Word and Table" Service
10:00 AM ~ Worship Service
11:15 AM ~ Weekly Small Groups
Pastoral Staff
STEPHEN "STRETCH" DEAN, LEAD PASTOR
JENNIE DOANE, VISITATION PASTOR
MEGAN JOHNSTON, WORSHIP COORDINATOR
BEVERLY KETTER, CHILDREN'S PASTOR
CHELSEA MAYNARD, SPIRITUAL FORMATION PASTOR
ANDREA SAWTELLE, YOUTH PASTOR
Find us on the web at www.wollastonnazarene.org and

Methodist

QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30AM Sunday Worship

Salvationist

THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

Non-Denominational

LIGHTHOUSE FELLOWSHIP
73 Newbury Ave., N. Quincy
Worship & Children's Church 10AM
Pastor Mike Fehan
617-847-4444
Mid-week studies & youth group
mjfehan@gmail.com

OBITUARIES

Dorothy M. Bosworth, 92

Dorothy M. (Robinson) Bosworth, age 92, of Braintree, died peacefully, Monday, June 24, 2019, at the South Shore Hospital, in the comfort of her loving family.

Mrs. Bosworth was born in Weymouth, to the late Margaret E. (Thistle) and Edward O. Robinson. She was a graduate of Weymouth High School, Class of 1944 and had lived in Braintree for most of her life.

She was a dedicated homemaker and mother and had also worked as a bookkeeper in her family's business at The Quincy Sun. Mrs. Bosworth was accomplished at knitting, braiding rugs and painting.

Beloved wife for sixty-two years of the late Henry W. Bosworth, Jr., founder and publisher of The Quincy Sun newspaper.

Devoted mother of Gail A. Happel and her husband Fred of Weymouth, Linda M. Harrison and her husband Ben of Randolph, Donna J. Gray and her husband David of Pembroke, Dorothy L. Newman of Quincy, and Robert H. Bosworth and his wife Amy of Halifax.

Loving grandmother of Fred Happel and his wife Julie of Weymouth, James Happel and his wife Wendy of Abington, Brian Harrison of Randolph, Amy Vickery and her husband Jason of Halifax, Michelle Wright and her husband Joseph of Duxbury, Kimberly Gray and Jared Anderson of Plympton, Kellie Newman of Quincy, Jay Bosworth Newman of New Jersey, and Lindsay Bosworth.



DOROTHY M. BOSWORTH

Great-grandmother of Michael Happel, Sean Happel, and Caitlin Happel, Julian and Harrison Wright, Cameron Vickery, and Hailey Anderson.

The last of four siblings, Dorothy was pre-deceased by Roy Robinson, Virginia Swallow, and Mildred Picciano and is also survived by many nieces and nephews.

At the request of the family, private graveside services were conducted at Blue Hill Cemetery, Braintree.

For those who wish, donations in Dorothy's memory may be made to the Salvation Army of Quincy, 6 Baxter Street, Quincy, MA 02169 or the American Cancer Society, 3 Speen Street, Suite 250, Framingham, MA 01701.

The Bosworth family would like to express their appreciation to the caring staff and healthcare providers at the John Scott House for their dedication and loving care for Dorothy.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy, MA 02169.

Charlene A. Mullins, 77

A Mass of Christian Burial for Charlene A. "Chy" (Boulette) Mullins, 77, of Quincy, was celebrated June 29 in Sacred Heart Church, Quincy.

Mrs. Mullins died peacefully June 21 at home, surrounded by her loving family.

She was born Jan. 1, 1942, in Skowhegan, Maine, the daughter of the late Louis J. and Evelyn (Soucy) Boulette.

Mrs. Mullins battled childhood illness and, against many odds, graduated from Skowhegan High School in 1960. She later attended Thayer Hospital School of Medical Technology. After graduating, she worked as a medical technologist at several facilities, including Redington Fairview Hospital in Skowhegan, ME, Seabrook Valley Hospital in Pittsfield, ME, and Memorial Hospital in North Conway, NH.

While living in the North Conway area, she became an avid skier and met Joseph R. Mullins one fateful evening at the Oak Lee Lodge in Jackson, NH (now the Shannon Door Pub). They married and spent the next 50 years together on the South Shore in Massachusetts where Mrs. Mullins became an active member and president of the Milton Women's Club, making lasting friendships that she treasured with many wonderful



CHARLENE A. MULLINS

women with whom she remained close until her final days.

She is survived by her loving husband, Joseph R. Mullins, of Quincy; her children, Aymie and Michael of Conway, NH and Rockland, ME, respectively; and her granddaughter, Lucy Spaulding, of Conway, NH. She also leaves behind four sisters: Norma Gaffey and her husband, Edward of Brunswick, ME; Jean Pooler and her husband, David, of Canaan, ME; Carole Rogers of Waterville, ME; and Connie Nielsen and her husband, Edward, of Hendersonville, NC; as well as many nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Jared Lewis Quirk Scholarship, 21 Holbrook St., Rockland, MA 02370.

Carol E. Kimball, 79

A funeral Mass for Carol E. (Eustis) Kimball, age 79, of Quincy was celebrated Tuesday at Holy Trinity Parish, Most Blessed Sacrament Church, Quincy.

Mrs. Kimball died June 26.

Raised and educated in Chester, NH, she lived in Quincy since 1958.

A graduate of Pinkerton Academy in Derry, NH, and Quincy School of Nursing, Mrs. Kimball worked as a registered nurse at Quincy Hospital for many years before retiring.

The daughter of the late James and Gertrude Eustis, she was the beloved wife of Harold D. Kimball; loving step-mother of Harold David Kimball of Albuquerque, NM and Suzanne Perry and her husband Thomas of Londonderry, NH and their daughter Sydney; beloved sister of Sarah E. Pierce and her husband Ronald of Bridgewater, VA; sister-in-law of Helen Mina of Quincy; aunt of Valerie Pierce and her husband Michael Stortz of San Francisco, NH; Jacqueline Mina and Helen Mina; great-aunt of Tyler St. Hilaire and Toni Elizabeth Minor.

Interment at Mount Wollaston Cemetery.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Kenneth P. Halloran, 84

A funeral Mass for Kenneth P. Halloran, age 84, of Quincy, formerly of Cambridge, was celebrated June 29 in St. Ann's Church, Quincy.

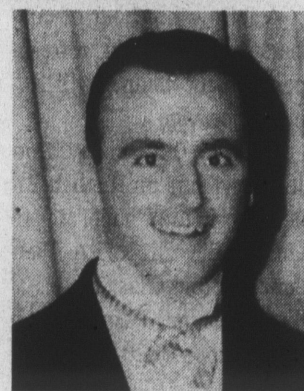
Mr. Halloran died unexpectedly June 23 at home.

He was a resident of Quincy for over fifty-five years.

Mr. Halloran was born in Cambridge, to the late Theresa A. (Dempsey) and Edward J. Halloran. He was raised in Cambridge and was a graduate of Boston College High School, Class of 1953. He was honored to be inducted into the B.C. High Athletic Hall of Fame in recognition of his accomplishments on the hockey team. He was a rugged and high scoring defenseman and was awarded a scholarship to St. Michael's College in Toronto. Mr. Halloran was the only American-born player on the team. He enjoyed success there and after graduation returned to Boston.

Soon after, Mr. Halloran enlisted in the United States Marine Corps and rose to the rank of corporal during his tenure. Upon his return, he decided to join the Teamsters Union. He was member of Local 25 for over fifty years spending most of that time with Beacon Fast Freight and on the Boston Fish Pier. He was always involved in union politics and held elected positions over the years. Later on, he became co-owner of Fresh Fish West Inc. The company shipped seafood to restaurants, hotels, and other commercial outlets throughout the mid-west.

Mr. Halloran was an avid sports fan. He was loyal to all of the Boston teams, but the Bruins were his favorite. In his spare time, he coached teams at Quincy Youth Hockey. Mostly, he enjoyed teaching young kids how to skate. For more than thirty years, he taught fundamentals and



KENNETH P. HALLORAN

sportsmanship to generations of children.

Above all his interests, Mr. Halloran was dedicated to his family and especially enjoyed supporting the activities and accomplishments of his three children and eight grandsons. He was devoted to his beloved wife, Ann M. (Grealish) Halloran. They recently celebrated their 59th wedding anniversary.

Devoted father of Kenneth P. Halloran, Detective Lieutenant, Massachusetts State Police, Nancee T. Gillin, United States Federal Agent, Retired and her husband Paul of Florida, and Shannon A. Flood and her husband Frank of West Roxbury. Loving grandfather of Jack, Paul, Tommy and Matt Halloran, Patrick Gillin, and Liam, Brendan and Kieran Flood.

Dear brother of R. Barry Halloran and his late wife Karan of Norwell, Dennis B. Halloran and his wife Gerry of Hanover, Anne T. Halloran of Boston, Mary H. Macedo and her late husband Daniel of Wrentham, the late Rev. Mother Anne, Order of the Discalced Carmelite Nuns of Danvers, and the late E. Brian Halloran. He is also survived by many loving nieces and nephews.

Interment, with military honors, at Saint Joseph Cemetery, West Roxbury.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Helen M. Gregory

A celebration of the life of Helen M. Gregory of Quincy was held Sunday in Hamel-Lydon Chapel, 650 Hancock St., Quincy.

Ms. Gregory died June 23 with her daughter Debbie by her side.

She was born and lived her whole life in Quincy. She was the kindest, most loving nurse technician at Quincy City Hospital for over 30 years. Ms. Gregory is known for her love for life. Her favorite saying, "just be happy."

She will be greatly missed by her daughter Deborah Mickle of Quincy, who would always make her smile. She leaves her brother



HELEN M. GREGORY

er Charles W. Appleton of NY and the late Richard Appleton. She is also survived by many extended family

Private interment.

Memorial donations may be made to Quincy Animal Shelter, 56 Broad St., Quincy, MA 02169.



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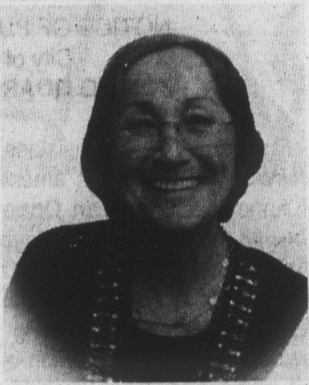
2019

Wanda C. Skotniczny, 69

A funeral Mass for Wanda C. Skotniczny, 69, of Quincy was celebrated Monday in Sacred Heart Parish, Quincy.

Mrs. Skotniczny died June 26.

Beloved daughter of Jennie (Wargova) Skotniczny of North Quincy and the late Joseph Skotniczny. Dear sister of Anna Conley of Braintree, Marie Yacubovich and her husband George of North Quincy, her twin brother Phil Skotniczny and his wife Kathy of Halifax and Lucy Linskey and her husband Kevin of Quincy. Cherished aunt of Susanne McCallum and her husband Dan, Jason Conley and his partner Alicia all of Whitman, PJ Skotniczny and his wife Cara of Weymouth and Jennifer O'Hara and her husband Billy of Halifax. Great-aunt of Eric McCallum, Mikey McCallum, Emma Conley and Will and Oliver O'Hara. She is also survived by many dear friends.



WANDA C. SKOTNICZNY

Mrs. Skotniczny was born in Germany and moved to the U.S. in 1951. She was an executive assistant for various engineering firms in and around Boston for many years and retired from Dewberry Engineering. Her favorite times were spent with her nieces, nephews, great-nieces and great-nephews.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service, 650 Hancock St., Quincy.

Memorial donations may be made to the Dana Farber Cancer Institute, PO Box 849168, Boston, MA 02284.

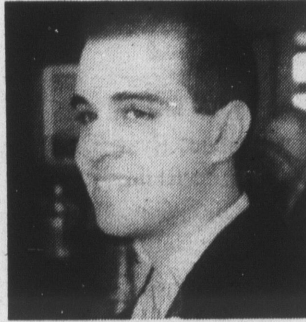
Nicholas M. Brandolini

A funeral Mass for Nicholas M. Brandolini of North Weymouth was celebrated at noon Tuesday in St. Jerome Church, Weymouth.

Mr. Brandolini died June 26.

He worked at Stop and Shop in Hingham for many years and was a current employee of the city of Quincy. He was an avid New England sports fan, loved the beach and gardening. Mr. Brandolini will be deeply missed by everyone who had the pleasure of knowing him.

Beloved son of Michael Brandolini, QPD, and his companion Debra Keenan of Weymouth and Debra Mascara and her companion John Catalano of Rockland. Devoted brother of Eleicea McPhee and her husband John of Milton. Loving grandson of Guido Brandolini and the late Thelma Brandolini of Quincy. Also the loving grandson of the late August and Phyllis



NICHOLAS M. BRANDOLINI

Mascara. Cherished uncle of Blake and James. Also survived by many aunts, uncles, cousins and his beloved cat Tigger.

Funeral arrangements were made by McDonald Keohane Funeral Home, North Weymouth. Gathering at the funeral home at 11 a.m. Tuesday, prior to the funeral Mass.

Interment at a later date. Memorial donations may be made to the Jimmy Fund, 1309 Beacon St., Brookline, MA 02446.

Margaret A. O'Sullivan, 86

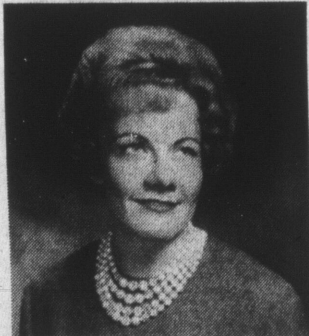
A funeral Mass for Margaret A. (Moriarty) O'Sullivan, age 86, of West Quincy, will be celebrated at 10:30 a.m. Wednesday in St. Mary's Church, Quincy.

Mrs. O'Sullivan died peacefully June 29 at home, in the comfort of her loving husband.

She was born in Boston to the late Daniel M. and Mary T. (Eames) Moriarty. Raised in Quincy, she was a graduate of Jeanne d'Arc Academy in Milton and attended the Fisher Business School in Boston.

Mrs. O'Sullivan had lived in West Quincy for most of her life but had also lived over four years in Mississauga, Ontario, Canada, and over two years in Marshfield Hills. She was employed as a public accountant for many years. She was a longtime active parishioner of St. Mary's Parish in West Quincy.

Beloved wife for forty-



MARGARET A. O'SULLIVAN

three years of Bernard A. O'Sullivan. She is also survived by many nieces, nephews and friends.

Interment at Massachusetts National Cemetery, Bourne.

Funeral from the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, Wednesday, at 9:30 a.m. Visiting hours at the funeral home were Tuesday 5 to 8 p.m.

Theresa M. Calvi, 94

A Mass of Christian Burial for Theresa M. Calvi, 94, of Quincy, will be celebrated Wednesday at 10 a.m. in St. Joseph's Church, Quincy.

Mrs. Calvi died peacefully surrounded by her loving family on June 29.

Born in Provincia di Reggio Calabria, Italy, in 1924, she was extremely proud of her Italian and Roman Catholic heritage. With this pride, she helped shape the lives of many family members and friends, usually around a dinner table, through her strength, her kind heart, and her caring and selfless demeanor.

After World War II, Mrs. Calvi followed in her father and older brother's footsteps to come to America. Here, she met the love of her life, Joseph G. Calvi, and was married on Aug. 28, 1949. Mr. and Mrs. Calvi moved to their lifelong home in Quincy and were happily married for close to 70 years. Mrs. Calvi was a seamstress, a fabulous cook, a gardener, and raised a close family based upon the virtues of love, religion, and respect. She was a devout member of St. Joseph's Parish. She was truly a walking miracle, beating pancreatic cancer in 1985 and proceed-



THERESA M. CALVI

ed to live a full, happy life.

Mrs. Calvi is survived by her four children and their spouses: Joseph Calvi Jr., David Calvi, Robert Calvi and his wife Maureen, and Ann Marie Calvi-Wood and her husband Barry Wood. She leaves behind her beloved brother and sister-in-law, Frank and Joanne Argiro, sister-in-law Rose Argiro. She was so proud of her grandchildren, Bobby Calvi, Kevin Calvi, Stephen Calvi, Melissa Wood, Leah Abcunas, and her husband Michael. She is remembered by countless nieces, nephews, family members and friends.

Visiting hours were 5 to 8 p.m. Tuesday in Hamel-Lydon Chapel and Cremation Service, 650 Hancock St., Quincy. Funeral from the funeral home at 9 a.m. Wednesday.

Interment in St. Paul's Cemetery, Hingham.

Timothy W. O'Donnell, 34

A funeral Mass for Timothy W. O'Donnell, 34, of Quincy, formerly of Rockland, will be celebrated at 9 a.m. Wednesday in The Holy Family Church, Rockland.

Mr. O'Donnell died June 24. He relapsed after achieving 9 months of sobriety finally succumbing to his addiction to initially prescribed opiates.

He was born in Boston, beloved son of Steven G. O'Donnell Sr. and his wife Rosemary (Dunphy) O'Donnell of Rockland. Mr. O'Donnell was raised and educated in Rockland graduating from Rockland High School in 2003.

He worked as an automobile processor for Diversified Automotive in Charlestown. He previously worked for Rockland Athletic Supply for several years.

Mr. O'Donnell was an amateur rapper and poet. He enjoyed sharing his story and advocating for those struggling with addiction. Mr. O'Donnell had a caring heart and a great smile. He loved sports and vol-



TIMOTHY W. O'DONNELL

unteered as a producer on the public address team announcing Rockland Youth Football games.

Mr. O'Donnell is lovingly remembered by his girlfriend Courtney Hartwell of Littleton and seen as a father figure to her children Kristy and Derek. Survived by his parents, Steven O'Donnell Sr. and his wife Rosemary O'Donnell of Rockland. Brother of Brian Daly and his wife Nichole of Rockland, Steven O'Donnell Jr. and his wife Tracy of Rockland, and Tayla Conyers and her husband Brian of Marshfield. Uncle of Shane, Austin, Maeve, Annabelle, and Steven III.

Interment at The Holy Family Cemetery in Rock-

land.

Visiting hours were 5 to 8 p.m. Tuesday in Magoun-Biggins Funeral Home, Rockland.

Memorial donations may be made to Rockland Cares, 10 Daniel Teague Dr., Rockland MA 02370.

Union Congregational Church

The morning worship service at Union Church, corner of Beach Street and Rawson Road in Wollaston, begins at 10 a.m. Sunday morning.

Rev. Robert Benjamin, Associate Dean for Multicultural Affairs and Student Transitions at Eastern Nazarene College and guest minister at Union Church, will preach an inspiring Bible-based message on God's love: Soloist Carolyn Marks

will bless the congregation with some wonderful anthems.

Union Congregational is a warm, friendly, neighborhood. All are welcome to hear the Word of the Lord.

A fellowship coffee hour will be enjoyed following the worship service.

For more info. call 617-479-6661, email UccWoll@gmail.com or visit www.UnionCongWoll.org.



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OBITUARIES

Helen A. McGrail

A celebration of the life of Helen A. (Duggan) McGrail of Whitman, formerly of Braintree and Quincy, was held Monday in St. Francis of Assisi Church, Braintree.

Mrs. McGrail died June 25 surrounded by her loving family.

She was born in 1936 in Boston to Patrick and Mary Duggan. She and her husband James McGrail, Sr. raised their four children in Braintree, where she lived for 50 years.

For many years, Mrs. McGrail worked at Abington Mutual Insurance and Boston Edison Companies. She loved to spend time with her family and extended families, who were the center of her world. She had a smile that could light up a room, and there were always laughs whenever she was around. If there was a family event, she was always there. She had



HELEN M. MCGRAIL

a passion for taking care of people and never wanted to be recognized for it. She always loved her adventures to the Cape, Castle Island or wherever she ended up.

Mrs. McGrail is survived by her three daughters, Diane Dunne of Bridgewater, Patricia McGrail of Manchester, N.H., and Donna LaMarre and her husband Robert, of Whitman.

She is survived by seven wonderful grandchildren who brought great joy to her life; Melissa Beliveau, Mat-

thew Dunne, Ryan Dunne, and his wife Rhiannon, Alicia Vassallo, Gina and her husband Steven Zarse, Kelly-Anne LaMarre and her fiancé Jim Nunes, and Kristine LaMarre. She was also the proud great grandmother of Ryan Springer and Kade Zarse. Also survived by many treasured nieces and nephews.

She was preceded in death by her husband James McGrail, Sr., a son, James McGrail, Jr. and her siblings, Danny Duggan, Mary Jewett, Patsy Flannery, and Tom Duggan.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by McDonald Keohane Funeral Home, South Weymouth.

Memorial donations may be made to Adams Healthcare Center RCF/Activities donation, 211 Franklin St., Quincy, MA 02169.

Quincy Point Congregational Church

Communion Sunday worship service will start at 10 a.m. July 7 at Quincy Point Congregational Church, 444 Washington St.

Communion will be by Intinction and Rev. Kimberly Murphy is preaching. The sanctuary is accessible to all with designated parking and an elevator via the Abbey Road side of the building.

After worship there will be coffee, light refreshments and fellowship in Social

Hall.

A one-room Summer Sunday School is available during the summer months. Bring children to the lower level room across from the kitchen and elevator before 10 a.m. worship on summer Sundays. Teachers are Angelina DeCristofaro and Lauren Kearns.

Interested in a Summer Book club? All members of QPCC are invited to participate in a church-wide

book club. Members will be reading and discussing, "Weird Church: Welcome to the Twenty-First Century". Books are \$15 a piece.

There are a few left if you would like to join. There is a study guide to follow and discussions will take place twice a month after worship. If you have any questions contact: revkim@quincypointcong.org or call the church office at 617-773-6424.

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS PROBATE COURT NORFOLK DIVISION Docket No. 19E0016PP

To Xiu Y. Lin of Quincy in the County of Norfolk and to all other interested persons:

A petition has been presented to said Court by Xiaoping Zheng of Quincy in the County of Norfolk representing he hold as tenant in common undivided part or share of certain land lying in Quincy in said County Norfolk, and briefly described as having an address of 104 Cedar St., Quincy, MA 02170 and setting forth that he desire that of said land may be sold at private sale for not less than \$531,000.00 dollars and praying that partition may be made of all the land aforesaid to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance if all, or any part of said land which the Court finds cannot be advantageously divided either at private sale, and be ordered to distribute the net proceeds thereof.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Canton before ten o'clock in the forenoon on the 17th day of July 2019, the return day of this citation.

Witness, Patricia A. Gorman, Esquire, First Judge of said Court, this day 14th day of June, 2019.

PATRICK W. McDERMOTT
Register

7/3/19

Please RECYCLE
this paper

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING City of Quincy ZONING BOARD OF APPEALS

CASE NO. Z19-46

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 23, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of Michael Grehan for a Special Permit/Variance to raze the existing structure and construct 5 new townhouse units in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 4.1.2 (notes to table, special permit) on the premises numbered 12 MILLER STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

7/3/19, 7/11/19

NOTICE OF PUBLIC HEARING City of Quincy ZONING BOARD OF APPEALS

CASE NO. Z19-47

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 23, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of Bartholomew O'Shea for a Variance/Special Permit/Flood Plain to construct a 3-unit building in a Residential A zoning district in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 8.0 (flood plain) on the premises numbered 10 CURLEW ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

7/3/19, 7/11/19

NOTICE OF PUBLIC HEARING City of Quincy ZONING BOARD OF APPEALS

CASE NO. Z19-48

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 23, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of Michael & Patricia Haines for a Variance to construct a rear deck in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 102 PIERMONT STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

7/3/19, 7/11/19

NOTICE OF PUBLIC HEARING City of Quincy ZONING BOARD OF APPEALS

CASE NO. Z19-49

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 23, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of Yin Xing Huang for a Variance/Finding to construct a second level to existing footprint and create parking in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) and Chapter 3.4.3 (non-conforming) on the premises numbered 156 WILSON AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

7/3/19, 7/11/19

NOTICE OF PUBLIC HEARING City of Quincy ZONING BOARD OF APPEALS

CASE NO. Z19-50

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, July 23, 2019 at 7:15pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169**. On the application of Elizabeth Wong for a Variance to construct an addition for a disabled parent in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 17 WILLOW AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

7/3/19, 7/11/19

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS DEPARTMENT OF INSPECTIONAL SERVICES

Thomas P. Koch
Mayor

Jay Duca
Director of Inspectional Services

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **Demolition of 301 Newport Ave. Quincy, MA** until **11:00 a.m.** local time **Thursday, July 18, 2019** in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The work under this contract consists of, but is not limited to: the contractor shall tear down exterior walls of the building and cut dead trees on lot to ground level, leaving entire area and lot free and clear of debris, vegetation and wood. Contractor is to break concrete cellar floor if existing. Back filling shall not be started until conditions have been inspected and approved by the Department of Inspectional Services. The site grade shall be re-established by re-grading the site to natural contours. DCAMM Certification in "Demolition" is required.

The Work shall be substantially complete within fifteen (15) days and completed ready for final payment from the commencement of Contract Time. Detailed specifications are available at no cost on-line at <http://www.quincyma.gov/Government/PPD/PurchasingBidPage.cfm>. Bidders shall send a confirming email to "purchasing@quincyma.gov" to allow Owner to maintain a plan holders list. If Bidding Documents are downloaded and/or printed from Owner's website, it is Bidder's responsibility to check the website for any addenda before submitting a Bid. The Owner will not be responsible for any Bid that omits addenda acknowledgement. Bidding Documents are also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M as last revised, all Federal, State and City of Quincy regulations when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch, Mayor
Jay Duca, Director of Inspectional Services
Kathryn R. Hobin, Chief Procurement Officer

7/3/19

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HAPPY
Fourth of July

Mayor Tom & Christine Koch

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It will be celebrated with...
pomp and parade...
bonfires and illuminations from one
end of this continent to the other.

-John Adams